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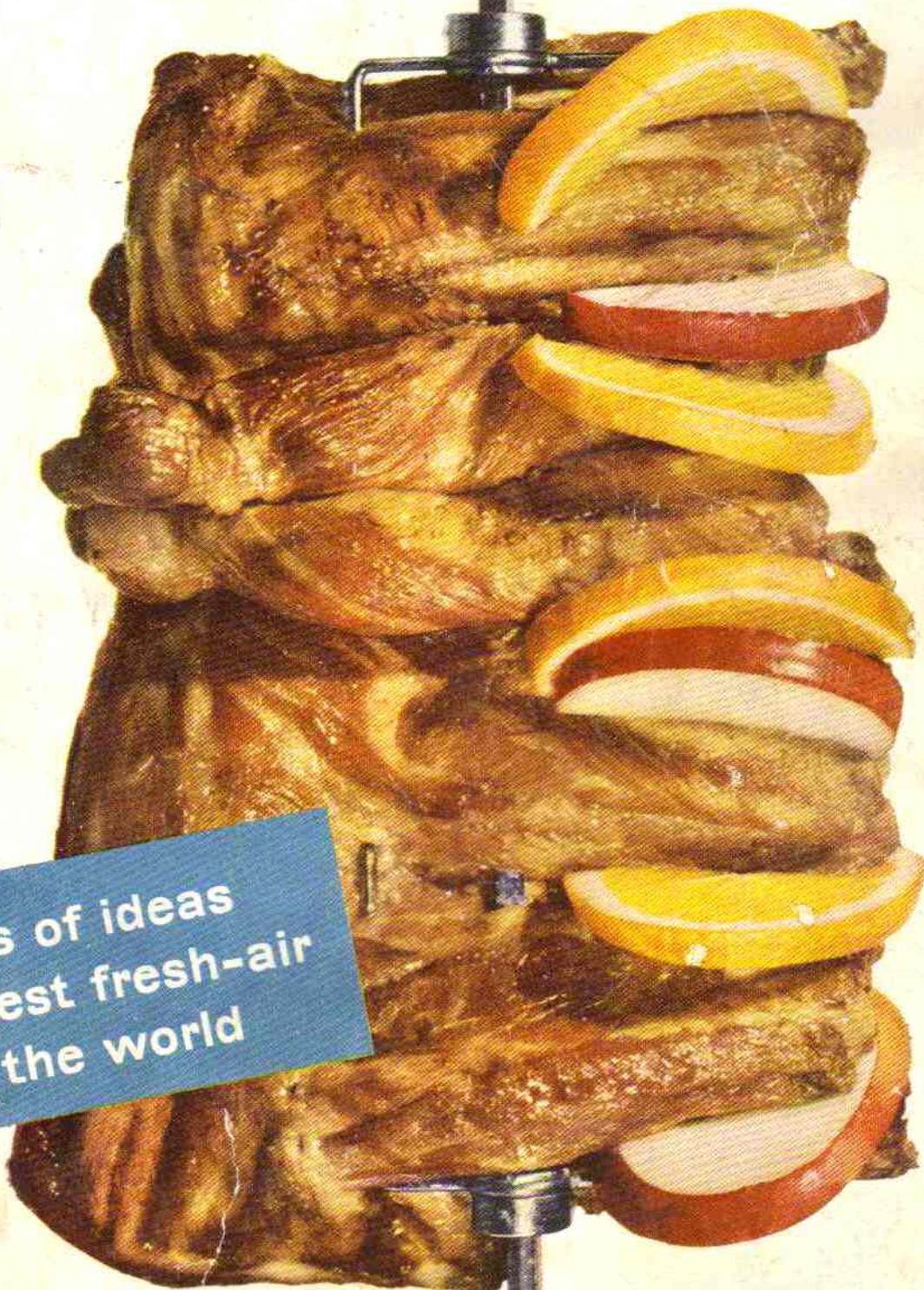
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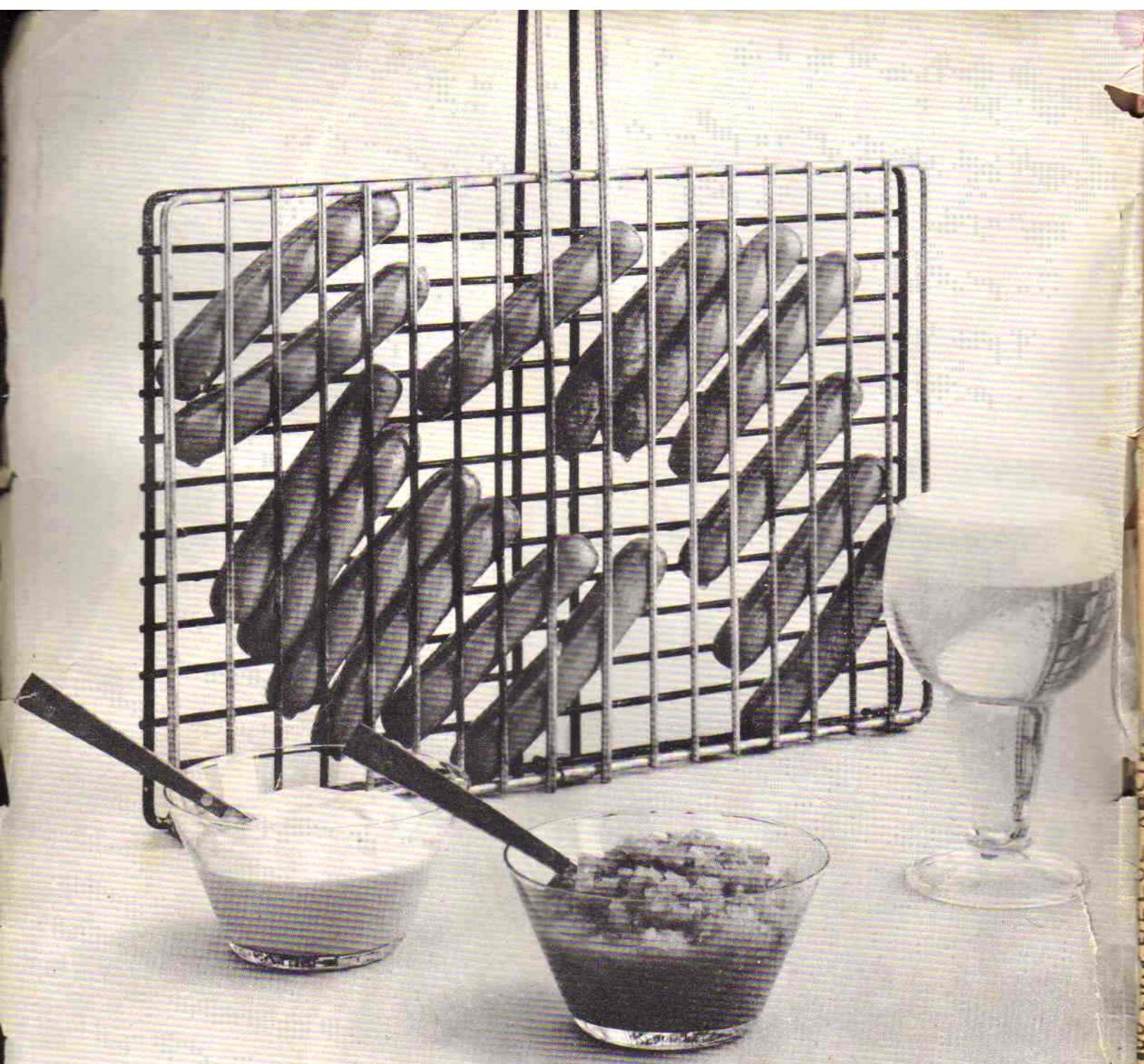
JUNE-AUG.

SAUCES
MARINADES
SKEWER
BROILING
DESSERTS
DRINKS
SALADS
DRESSINGS

80 pages of ideas
for the greatest fresh-air
feasts in the world



Danish Barbecued
Spareribs, page 4



photograph from united states brewers foundation

What's this? A symbol of the nation's favorite outdoor snack—hot dogs and beer. Fifteen frankfurters is the average American's share of the 2,610,960,000 that will be eaten just this summer—barbecued, roasted, toasted, grilled, broiled or boiled.

DELL 1000 HINTS
SERIES
VOLUME 4

DOROTHEA ZACK HANLE
editor

AILEEN HUNT
art editor

ROSALIND CHAIKEN
editorial assistant

WILLIAM CHEVALLIER
art director, special projects

AUGUSTINE PENNETTO
cover designs

FERNANDO M. TEXIDOR
art director

RICHARD L. WILLIAMS
editorial director

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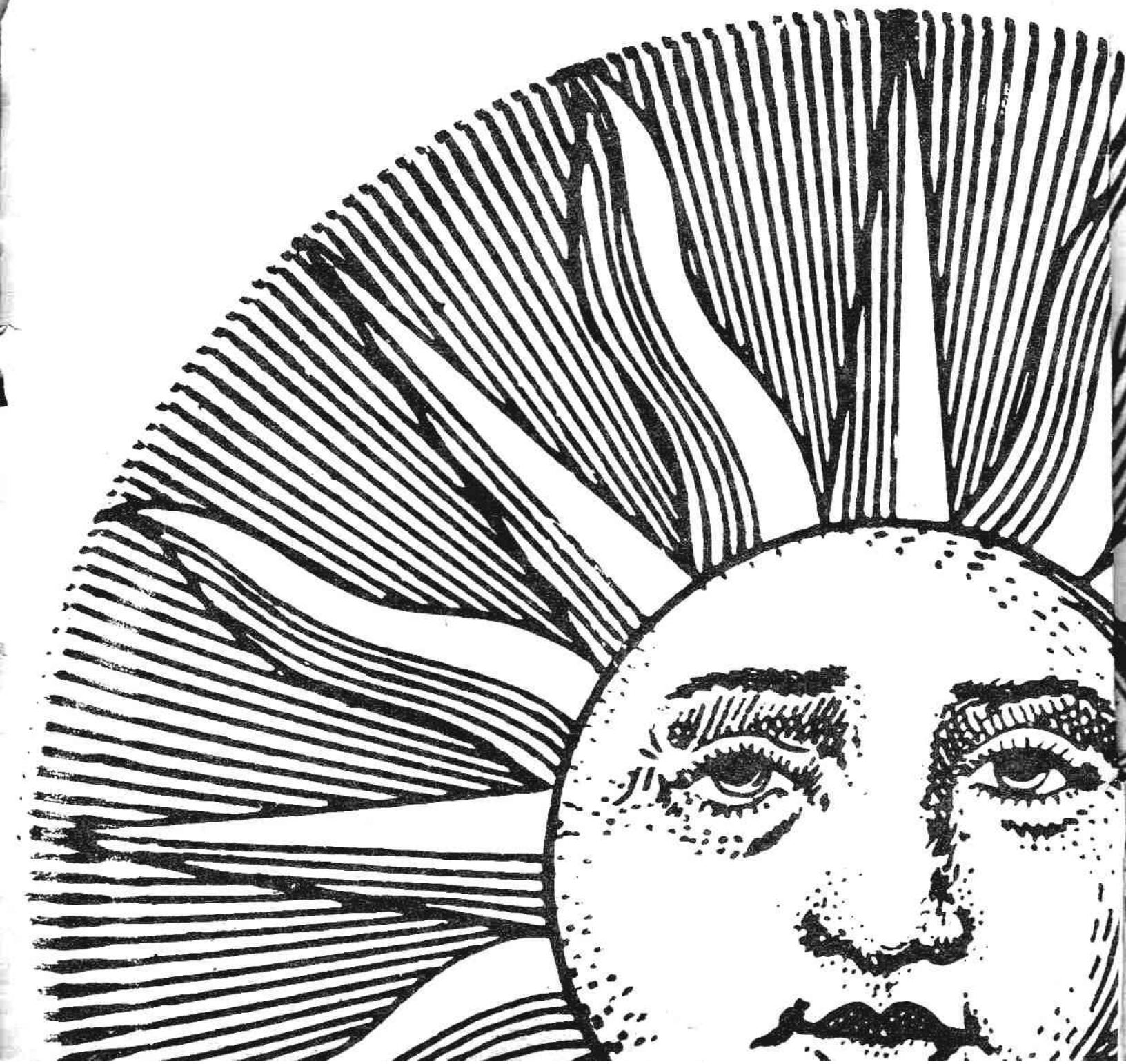
barbecue

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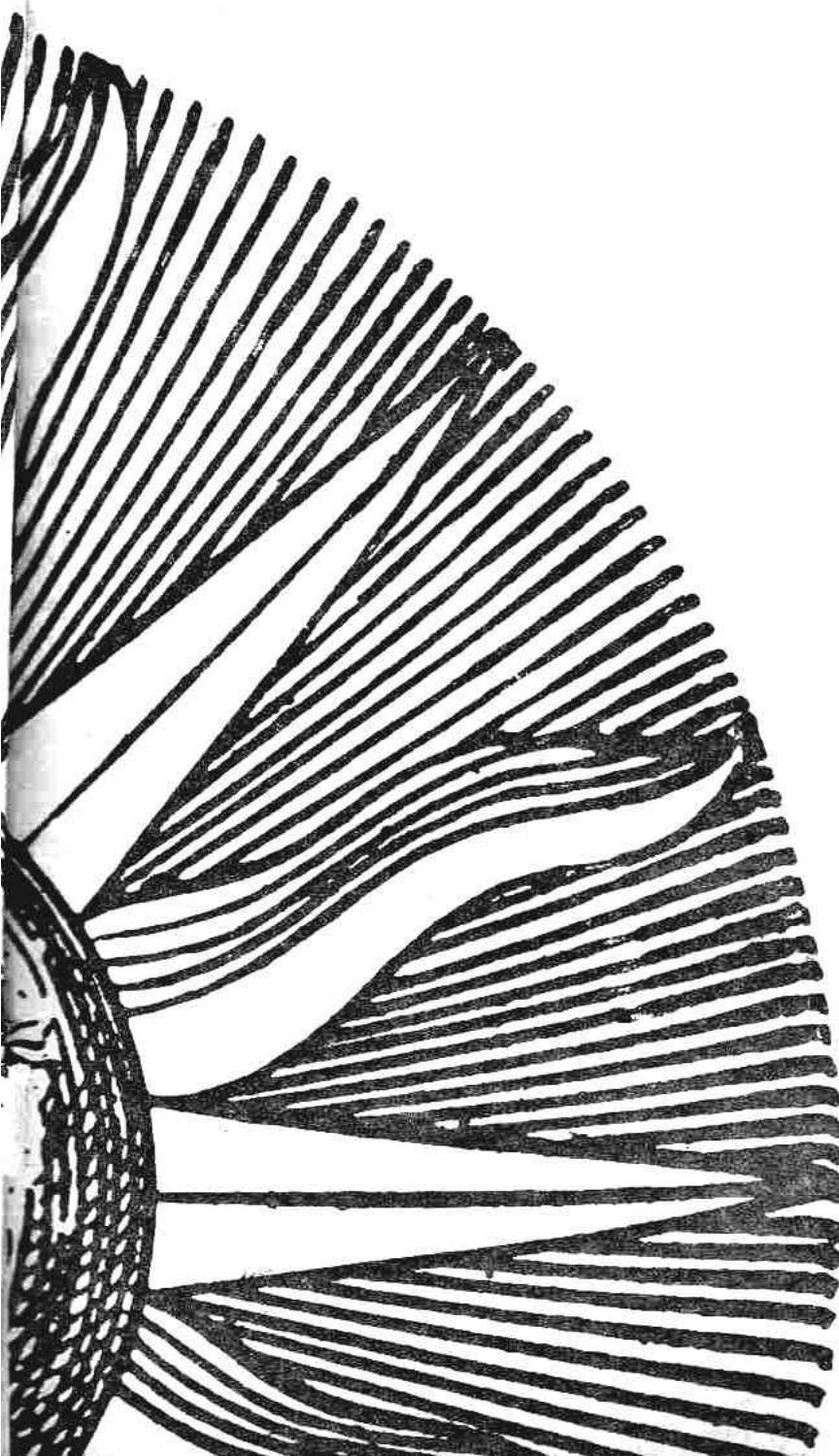
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*On the cover photograph by Robert E. Coates:
Danish Barbecued Spareribs, recipe on page 4*

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enjoy of all Outdoors



'Tis the season of twitching noses and quivering tastebuds once again. Man the tongs, grab the swabs, and get set for that greatest of summer pastimes—eating outdoors. Will you dine alfresco under the stars with your hi-fi playing “music to eat by,” or is it a real-gone doggie roast in the backyard? It matters not whether you have a gleaming brass-and-chrome portable grill with twin headlights and sweeping fenders, a fixed architectural barbecue with winding approach and wall-to-wall flagstone, or a piece of scrap metal straddling a home-dug pit in that divot of grass you call the garden. Or whether you plan a Lucullan feast or simply grab a few burgers to broil on the spur of the moment. The fact remains: eating outdoors is the easiest, most pleasant of all mealtime get-togethers in the world. Call it barbecue, picnic, fishfry or clam-bake—the common denominator is fresh air. As old as Neanderthal, the custom is as wide-spread as earth. No special privilege of the rich nor prerogative of the poor, cooking out is universally enjoyed at all levels and in every corner of the globe. It's a back-of-your-hand retort to push-button cooking, for creativity knows no bounds over an outdoor flame. Culinary ideas flow like magic in the camaraderie of the cookout, and many an amateur has become an indoor *chef de cuisine* through trial and error at the barbecue. Anything goes: the unexpected is expected at an outdoor feast. Franks, burgers, chicks, chops, all are grist for a grill, and the timid will try anything when appetites are whetted by fresh air. If you've yet to try, do it now—fling open the door, take a deep breath and know the joy of all outdoors when you cook under the sky.

B ARBECUES 'ROUND THE WORLD



The sauces and seasonings may vary from pungent to peppery, the method from pit to grill, the fuel from fragrant woods to charcoal—but barbecuing is a one-world way of cooking. Try a little globe-trotting on your grill or spit with these flavorsome entrées borrowed from countries 'round the world for outdoor cooking.

DENMARK

BARBECUED SPARERIBS

3 lbs. lean, meaty spareribs	salt
	pepper
3 red-skinned apples	1 recipe of
3 navel oranges	orange sauce on page 28

Carefully weave ribs and balance on barbecue spit, pushing them snugly together with end clamps. Sprinkle liberally with salt, pepper. With a sharp knife, cut between ribs far enough to insert thick slices of apple and orange. Coat the entire surface of meat and fruit with orange sauce (recipe on page 28) and cook about 4 inches from flames until nicely browned and done through, basting every so often with sauce. Takes 1 hour or more. Serves 4. (Pictured on front cover).

PERSIA

PINE NUT KEBABS

1½ lbs. lean ground lamb	½ teaspoon pepper
½ cup pine nuts	1 clove minced garlic
6 tablespoons chopped parsley	1 well-beaten egg
¾ teaspoon salt	¼ cup bread crumbs

Mix all ingredients lightly together and form into 1½-inch in diameter balls. Spear balls on 4 skewers which have been oiled, leaving a half-inch space between each. Brush with oil and broil about 15 minutes. Serves 4.

ARMENIA

LAMB AND EGGPLANT STEAKS

4 lamb steaks ($\frac{3}{4}$ -inch thick)	1 tablespoon salt
1 eggplant	1 cup olive oil
2 cloves garlic	1 $\frac{1}{2}$ teaspoons oregano
	2 lemons

Wash, but do not peel eggplant, and cut into 1-inch thick slices. Marinate steaks in $\frac{3}{4}$ of the olive oil to which a minced clove of garlic has been added (about 1 hour). Brush both steaks and eggplant with sauce made of the salt, the remaining olive oil, juice of 1 lemon, and the oregano. Brown eggplant on both sides and push to back of grill; grill steaks to desired degree of doneness (rare or medium), cooking slowly and evenly. Baste both as needed (do not let dry out) with the sauce. Put steaks on top of eggplant slices and serve with thin slices of lemon on top. Serves 4.

TRADITIONAL KEBAB

2 pounds lamb cut in 1 $\frac{1}{2}$ inch pieces (from leg)	1 dozen small whole onions, parboiled
3 firm tomatoes	salt
2 green peppers cut in 1 $\frac{1}{2}$ inch pieces	pepper

lamb marinade
(see p. 26)

Marinate lamb at least 2 hours, overnight if possible. Cut tomatoes in quarters, and string 4 skewers with lamb cube, tomato, green pepper, onion and repeat until all are used. Brush with marinade, sprinkle with salt and pepper and broil 4 inches from heat source until meat is browned but not overdone. Baste from time to time to prevent drying. Serves 4.

JAVA

CURRIED CHICKEN BREASTS

4 chicken breasts	1 recipe curry mar- nade, p. 27
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Pound chicken breasts between pieces of waxed paper with a rolling pin or

mallet. Place in curry marinade (see p. 27) for 1 hour. Broil 5 minutes on each side, basting with the marinade to keep surfaces moist. Serve with chutney and quick-cooking rice steamed on back of grill. Add a pinch of turmeric for a pretty yellow rice. Serves 4.



INDIA

GRILLED SHRIMP

2 lbs. large fresh or fresh frozen shrimp	1 tsp. dried mint or 1 tbsp. fresh
1 cup basic French dressing (p. 42)	1 tsp. dried basil or 1 tbsp. fresh
1 tbsp. turmeric	1 tsp. chili powder
2 cloves garlic, minced finely	

Shell and de-vein shrimp. Mix remaining ingredients together and marinade shrimp in this for several hours or overnight in the refrigerator. Broil, basting with the marinade; turn once. Shrimp will be done when they are opaque and faintly pink. Serves 4.

CAPON-ON-A-SPIT

1 capon (4-5 lbs.)	3 cloves garlic
4 medium onions	1 tsp. cumin seed
1 teaspoon freshly ground black pepper	$\frac{1}{2}$ cup oil 1 tsp. salt

Use a mortar or otherwise mash together the onions (mince first) pepper, cumin seed, garlic and salt. Rub this well into the skin of the washed and dried capon. Truss bird with butcher's cord and center it on spit. Cook on revolving spit about 8 inches from the firebed, basting with the oil. Bird will be done when juices run clear, not pink, from fork test. Serves 6.

SPIT-ROASTED EGGPLANT

1 large eggplant	1 $\frac{1}{2}$ tsp. cumin seed
$\frac{1}{2}$ lb. ground lamb raw	1 tsp. salt
1 stick margarine	$\frac{1}{2}$ tsp. saffron
2 large onions, chopped fine	1 tsp. freshly ground black pepper

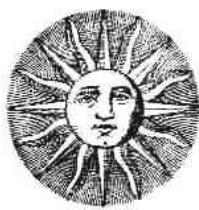
Remove stem top of eggplant so that it may be replaced as a cap. Scoop out insides to within $\frac{1}{2}$ inch of skin. Chop insides. Melt $\frac{1}{4}$ of margarine and sauté onion until golden. Add chopped eggplant, lamb, salt, pepper, saffron. When meat is still showing some red (about 3 minutes' cooking), remove. Stuff into eggplant. Tie on cap or fasten with toothpicks. Center and balance on spit. Cook and baste with remaining melted margarine until tender. Serves 4.

CHICKEN-ON-A-SPIT

1 broiler (about 2 $\frac{1}{2}$ lbs.)	1 tsp. powdered ginger
2 sticks butter or margarine	2 cloves garlic, mashed
	sprinkling of chili powder, salt

Wipe chicken dry and rub inside and outside with the mashed or cut garlic cloves, then with the ginger and the pepper and salt. Truss, center on spit and roast, basting with butter until done. Sprinkle with chili. Serves 2-3.

continued on next page



BARBECUES 'ROUND THE WORLD *continued*

CHINA

HONEY-BARBECUED RIBS

3 lbs. lean spare- ribs cut in 2x2 inch pieces	2 tbsp. sugar
1/4 cup soy sauce	1 tsp. salt
4 tbsp. honey	1 cup chicken stock
	1 tbsp. oil
	pinch cayenne

Pre-cook ribs in boiling water until tender or until bones can be easily removed from flesh (but do not remove). Drain. Mix all other ingredients together in a large bowl and marinate ribs for 1 hour. Place rib pieces on grill about 4 inches from source of heat and cook, turning and basting with the remaining marinade, until crisp and brown on all sides. (About 15 minutes). Serve with hot mustard sauce (mix dry powdered mustard with water to form a loose paste). Serves 4.

SPIT-ROASTED DUCKLING

1 duckling, 3-4 lbs.	1/8 tsp. fresh-ground black pepper
1 cup soy sauce	1/2 tsp. powdered ginger
1/2 cup honey	1/2 tsp. powdered ginger or 1 tsp. minced fresh ginger root
1 clove garlic, mashed	
1/2 cup sherry	
1 tsp. salt	

Boil duck in lightly salted water for 30 minutes to remove excess fat. Drain. Cool. Wipe duck dry inside and out, being careful not to break the skin. Mix all other ingredients together and marinate (turning now and then) the duck for 2 hours in this sauce, being sure that the inside is covered with the marinade, as well as the outside. Drain. Reserve marinade. Center and balance duck on spit, tying and weighting, if necessary. Cook 4-5 inches from source of heat for 30-40 minutes, turning slowly and evenly and basting frequently. Skin should turn a rich, mahogany brown and be crispy. Duck is done if juices run clear from fork testing. No pink should show. Serve cut up in 2x2-inch pieces with plum

sauce or mustard sauce. Plum sauce may be bought already prepared in Oriental grocery supply houses or you may use greengage plums to make your own simply by cooking them with sugar to taste and sieving the cooled cooked plums. Mustard sauce is described in the foregoing recipe for barbecued ribs. Serves 2-3.

PORK BALLS

1 1/2 lbs. lean ground or finely chopped pork	1/2 tsp. salt
1 tbsp. minced scallion tops	1/8 tsp. fresh-ground black pepper
	1 small can mush- rooms, minced

Mix pork, scallion tops, mushrooms, and salt and pepper together lightly. Shape balls the size of a small walnut.



Place on sheet of pre-heated and oiled heavy-duty aluminum foil — do not crowd—and brush with peanut oil. Heat about 6 inches from heat source over coals and gently turn until done—about 5-7 minutes. Serve on toothpicks with mustard sauce (see how-to under "barbecued ribs" at beginning of this section) as an appetizer. (May also be cooked indoors in oil over a high gas flame and used as a garnish for clear soups or in combination with other

vegetables as a main course.) Serves 6 as an appetizer or 4 as a main course.

BROILED EGG ROLL

2 pkgs. Chun King frozen egg rolls	1 pkg. small bamboo skewers
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Let egg rolls thaw to room temperature, spear each with a skewer and heat until crisp and brown about 4-5 inches from the coals (a small hibachi is excellent for this). Prepare mustard sauce included in the package, according to directions, and serve toasted egg rolls as pre-dinner appetizer. Serves 6.

BARBECUED ORIENTAL SHRIMP

2 1/2 lbs. jumbo shrimp	1/2 tsp. salt
2 tbsp. sugar	dash pepper
1/2 tsp. powdered ginger or 1 tsp. minced fresh ginger root	1/2 cup sherry wine
1 large clove garlic, minced	2 tbsp. chicken stock
1/2 cup soy sauce	

Wash shrimp. Lay each one on a cutting board and with a sharp-pointed knife, split down the top of back nearly to center and up the bottom of back about one-fourth the way. Remove sand or intestinal tract. Rinse, drain on paper towels and place in marinade made by mixing all the remaining ingredients together thoroughly. Turn occasionally in the marinade and allow to "cook" in it for at least 2 hours. Lift out, drain and place on hot greased grill about 4 inches from the coals. Baste with remaining marinade, turning once and basting again. Shrimp are done when flesh is opaque (do not overcook or shrimp will be tough). Serve with garnish of finely chopped scallion tops. Serves 6. Note: if you prefer the shrimp shelled (although in-shell cooking produces a tenderer result), peel shrimp (leaving little tail intact) and remove tract. Then split down front and flatten with your hand or a rolling pin to spread shrimp.

JAPAN

CHICKEN TERIYAKI

4 chicken breasts cut in $1 \times 1 \frac{1}{2}$ inch pieces	1 tbsp. sugar
1 cup soy sauce	1 tsp. powdered ginger
$\frac{1}{2}$ cup Japanese sweet wine or sauterne	juice from 2 cloves of garlic

Marinate chicken pieces in sauce made by thoroughly mixing all remaining ingredients. Allow chicken to stand in sauce for about 2 hours. Thread pieces, drained, on bamboo or metal skewers and broil over charcoal until crisp and cooked through, but tender inside, basting frequently with remaining marinade. Takes 15-20 minutes approximately, but test a small bit with a fork as soon as chicken browns (juices should run clear, not pink). Beef teriyaki is made the same way, but use sherry instead of white or sweet Japanese wine (about 2 lbs. of boneless sirloin cut $\frac{3}{4}$ inches thick and then cut in half-inch by one-inch strips). Serves 4 as main course, 6-8 as appetizer course.

WATER CHESTNUT RUMAKI

1 can Chun King water chestnuts, whole, drained	monosodium glutamate
$\frac{1}{2}$ lb. bacon cut in 2-inch strips	$\frac{1}{2}$ lb. fresh or frozen chicken livers

salt, pepper

$\frac{1}{4}$ cup French dress-
ing

1 clove garlic

Marinate chestnuts in French dressing with garlic for about 1 hour. Drain, wrap each chestnut in a piece of bacon and thread on skewer, alternating with a bacon-wrapped chicken liver. Sprinkle with salt and fresh-ground black pepper. Then sprinkle with monosodium glutamate. Do not crowd pieces. Broil until bacon is done, basting with remaining French dressing if necessary —i.e. if livers crisp too quickly. An alternate marinade for this is the wine-and-soy one used just preceding for

Chicken Teriyaki, omitting the garlic and ginger. Serves 2-3.

LOBSTER HIBACHI

4 baby lobsters ($1 \frac{1}{2}$ lbs. each, approximately)	1 tbsp. sugar
1 cup soy sauce	monosodium glutamate
$\frac{1}{2}$ cup sherry or sweet white wine	salt freshly ground black pepper



Sever spinal cord of each lobster (see "Let's Barbecue Seafood" on pages 64-65) and, using a sharp knife, split lengthwise. Remove intestinal or sand tract and sac in the head near the eyes. Reserve green (sometimes black) "fat" and bright orange (sometimes black) "coral." Mix soy sauce, sugar and wine. Sprinkle lobsters with salt, pepper, and monosodium glutamate. Place flesh side down on grill for a few minutes to sear quickly over high heat, turn, brush with sauce mixture, turn again and quickly finish broiling —whole time elapsed, about 10 minutes. Lobster is done when flesh is opaque. Cook reserved "coral" in a little butter and crumble over surface of lobster as garnish. Fat, cooked quickly in butter, may be mixed with finely chopped scallion tops as additional garnish for those who like it. (Caution: this is delicious, but many avowed lobster eaters sidestep the fat or tomally.) Serves 4.

PEPPERY CHICKEN

2 lbs. chicken breasts cut in 2x2-inch pieces	$\frac{3}{4}$ cup soy or shoyu sauce
1 cup sherry wine	3 tbsp. sugar
	2 tbsp. freshly ground pepper

Lace chicken on bamboo or metal skewers and broil over coals, about 4 inches from source of heat. Mix all other ingredients together and heat. Keep sauce warm on grill and baste chicken with it until done. Serves 4-6.

CHARCOAL-BROILED FISH

$\frac{1}{2}$ lbs. fresh fish fillets (flounder, cod, perch, haddock)	$\frac{1}{4}$ cup sherry wine or sake
	$\frac{1}{4}$ cup soy or shoyu sauce
1 $\frac{1}{2}$ tbsp. salt	

Brush fish with plain soy sauce and sprinkle on both sides with salt. Cut in bite-size pieces and thread on skewers. Broil over coals until just golden, remove, and dip in the combined soy sauce and sherry. Cook again, for a minute on both sides. Dip. Cook. Dip once more and finish cooking fish which should be crisply browned, but not burned. Serves 4.

BOILED-AND-BROILED LOBSTER

4 baby lobsters	2 tbsp. sherry or sake wine
$\frac{1}{4}$ cup soy sauce	1 tsp. red pepper

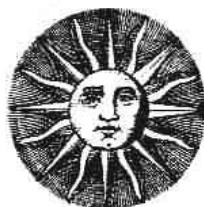
Plunge lobsters in boiling water for 10-15 minutes. Remove. Cool. Split. Clean (see directions on pp. 64-65). Mix soy sauce and wine. Grill lobsters over coals, basting with sauce. Sprinkle with pepper. Serves 4.

SCALLOPS HIBACHI

1 lb. fresh or frozen bay scal- lops	$\frac{1}{2}$ cup soy or shoyu sauce
1 tbsp. sherry or sake wine	1 clove garlic

Marinate scallops in the soy sauce to which the clove of garlic, minced, has been added. Broil on small skewers over charcoal, basting with the marinade, and serve as appetizer. Serves 4.

more, next page



BARBECUES 'ROUND THE WORLD *continued*

TURKEY

SKEWERED LAMB

2½ lbs. lamb or mutton cut in large cubes	1 cup olive oil
2 tsp. powdered thyme	1 cup milk
	12 new onions
	2 tomatoes
	bay leaves
	salt, pepper

Marinate meat in the oil and milk for at least 2 hours. Then skewer the drained pieces on bamboo or metal skewers, alternating the meat with onion and tomato quarters and a bay leaf. Sprinkle liberally with pepper and salt. Grill over hot coals about 4 inches from source of heat until meat is cooked through, but not dried out. Brush, when necessary, with remaining



marinade. Remove from heat and dust each with powdered or finely pulverized thyme. Serves 5-6.

SPLITTED MEATBALLS

1 lb. ground beef	1 tsp. salt
1 lb. ground lamb	½ tsp. black pepper
1 large onion	2 eggs
pinch thyme	¼ cup pine nuts

Have butcher grind the meat twice, together. Grate onion, add salt and let stand 15 minutes. Then squeeze through cheesecloth to extract juice. Add onion juice, eggs, pepper, thyme and pine nuts to meat and mix well. Mold into egg-sized balls and spear on oiled skewers. Broil about 5 minutes on each side over charcoal, about 4 inches from source of heat. Do not overcook and do not crowd meatballs on the spit. Serves 4-6.

BROILED SWORDFISH

2 lbs. fresh or fresh frozen swordfish	1 tbsp. onion juice
½ tbsp. paprika	salt to taste
1 tbsp. lemon juice	sauce (optional):
1 tbsp. olive oil	2 tsp. olive oil
10-12 bay leaves	1 lemon, juiced
½ tsp. salt	1 tsp. fresh finely chopped parsley

Remove skin from fish and cut into 1-inch cubes. Marinate for about 3 hours, refrigerated, in a mixture of paprika, lemon juice, 1 tablespoon of olive oil, onion juice, 6 bay leaves and salt to taste. Thread fish pieces on skewers, placing a bay leaf now and then between the pieces. Broil, turning, over charcoal about 3 inches from heat source until fish is opaque and has changed color (about 12 minutes). Serve with sauce made by beating together the remaining ingredients. Serves 4.

GREECE

ROAST LAMB

1 whole dressed spring lamb or	butter
1 saddle of spring lamb	thyme
	juice of 3 fresh lemons
salt, pepper	

The preparation and cooking of a whole lamb or saddle or rack over an open fire is the same. For a whole lamb, however, your barbecue equipment must be large scale and the spit itself should be a good 6 feet long. A pit fire may be built (see pages 34-37) and a spit rigged on cross pieces to be turned by hand. The lamb should be thoroughly salted inside and a generous sprinkling of crushed thyme scattered throughout. The stomach opening is then closed securely with skewers or laced with butcher's cord. The entire surface of the lamb is pierced at 3 or 4 inch intervals and equal parts of salt and freshly ground pepper are inserted. Then the whole is rubbed vigorously with lemon juice. Begin roasting the lamb, turning it steadily and evenly, high above the coals (24 inches for a whole lamb, 18 for a saddle). Arrange a drip pan below with plenty of melted butter to which thyme and lemon juice have been added and swab the lamb frequently with this basting sauce and the lamb drippings. A whole lamb cooked to a peak of tenderness will take about 3 hours' time, the saddle about 2 to 2½ hours. Lower the spit gradually and keep the spit turning steadily to

brown the lamb evenly. When finished, let the meat "rest" for 20 to 30 minutes before carving. The Greeks are expert at this and the meat resulting is delicious, but you will be well advised to use a roast thermometer to determine exact degree of desired doneness. Serves up to 20 people, depending on weight of lamb.

MOCK KOKORETSI

1 lb. lamb liver	oregano
8 lamb kidneys	salt, pepper
4 lamb sweet-breads	olive oil
lemon juice	butter
	½ lb. bacon

Wash and plunge all the organ meats in boiling water to which a little lemon juice has been added. Remove and plunge in cold water with lemon juice. Cut everything into bite-size pieces, sprinkle with salt, pepper, and crushed oregano. Cut bacon into 2-inch pieces. Divide various meats and bacon into 4



portions and thread 4 skewers with alternate pieces of the meats, separating each with a piece of bacon (bacon may be wrapped around meat bits). Place on charcoal grill about 6 inches from the heat and cook slowly and evenly, turning to brown on all sides and basting with a mixture of 1 part olive oil, 1 part melted butter, 1 part lemon juice, and salt and pepper to taste. Serves 6-8. Lamb heart may also be included in this medley. Prepare it for the skewer in the same way, removing all extra connective tissue and blood vessels. If you prefer, all the meats may be soaked overnight in a mixture of milk and oil.

RUMANIA ANCHOVY-STUFFED STEAK

1 3 lb. round steak cut 1-1½ inches thick	seasoned meat tenderizer
¼ tsp. thyme	1 small can anchovy fillets
¼ tsp. marjoram	1 tsp. minced dried onion flakes
1 tbsp. fresh chopped parsley	salt
¼ tsp. basil	pepper
	¼ lb. butter

Sprinkle meat with meat tenderizer as you would salt. Pierce deeply with long-pronged kitchen fork at one-inch intervals all over. Let stand at room temperature for 1-2 hours or cover loosely and refrigerate overnight. Cut meat in 4 portions. With a sharp small knife, make a pocket in each piece (or you may ask the butcher to do this when you purchase the meat). Mix remaining ingredients together with the exception of the butter and anchovies. Drain anchovy oil over mixed ingredients. Chop anchovies very fine and mix with other ingredients. Melt butter and keep warm in pot on back of grill. Spoon anchovy mixture into pockets. Secure with toothpicks or metal skewers. Place on hot grill and charcoal broil to desired degree of doneness, basting to keep moist. Note: for a thicker filling, add ½ cup fine bread crumbs to mixture and a little butter to make a moist dressing. Fill cavities loosely as dressing will swell. Boneless sirloin may be substituted (omittenderizer). Serves 4.

KOREA BEEF SHORTRIBS

3 lbs. lean beef short ribs, split	½ tsp. freshly black pepper
½ cup peanut oil	1 clove garlic, finely minced
½ cup soy sauce	3 tbsp. sesame seeds
1 tbsp. brown sugar	

Mix oil, soy sauce, garlic, sugar, pepper. Crush the sesame seeds and add. Pour over the ribs and refrigerate them in this marinade overnight. Bring to room temperature before cooking. Broil over charcoal, about 4-5 inches from the heat, and baste with remain-

ing marinade. Turn frequently, basting, and cook until the outside is crackly and brown. Do not overcook or dry out. The inside should be tender. Serve with mustard sauce (dry powdered mustard mixed with water to form a runny paste). Serves 4.



HAWAII

PINEAPPLE PRAWNS

2 lbs. prawns or large shrimp, boiled, cleaned	¼ cup honey
1 cup pineapple juice	½ cup soy sauce
	1 tsp. powdered ginger
pepper, salt	2 tbsp. melted butter

Thread prawns or shrimp on four skewers, leaving no space between. Mix remaining ingredients together and beat thoroughly (use a blender if you have one). Brush skewered prawns liberally with this and broil, turning and basting with the sauce for 2-3 minutes about 3 inches from the hot coals. Serves 4.

CHICKEN OF THE ISLANDS

2 broilers, each about 1½ lbs.	1 clove garlic, crushed
1 stick of butter or margarine	1 tbsp. fresh minced ginger
2 tbsp. brown sugar	root or
¼ cup soy sauce	1 tsp. powdered ginger
¼ cup whiskey	

Cut broilers into serving pieces—and marinate for at least two hours in a sauce made by combining all the remaining ingredients and cooking them

for 5 minutes (to the boiling point). Note: 1½ tablespoons of cornstarch may be mixed with a bit of the hot sauce to form a runny paste and added to the sauce for a thicker and crustier coating. After marinating, transfer chicken to hot greased grill and broil over coals, brushing pieces with remaining marinade and turning to brown and crisp all sides. Cook till just tender. Serves 4-5. Serve with pineapple slices, grilled and brushed with marinade.

BERMUDA

SALT AND SOUR BROILED SNAPPER

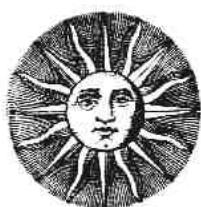
2 thick slices snapper	salt
1 lime or lemon	pepper

Squeeze lime or lemon juice over the snapper steaks and sprinkle with salt and pepper. Let stand at room temperature for about one hour to soften connective tissues and shorten cooking time. (The acid of the juice will preserve the pretty color of the fish, too). Place on hot, greased grill over charcoal and broil quickly on both sides, until just brown. Serve with Calypso Sauce below. Serves 4.

CALYPSO SAUCE

1 small can plum tomatoes	½ tsp. salt
1 small jar pimiento stuffed green olives	¼ tsp. freshly ground black pepper
¼ cup chopped celery stalks and tops	1 tbsp. finely chopped parsley
	1 large green pep- per, chopped
1 tsp. lime juice	1 tbsp. sugar

Drain olives and chop. Then carefully mix all the ingredients together and heat through, but do not cook. Pour over Salt and Sour Broiled Snapper Steaks and serve. Note: This makes an excellent cold sauce (chill it in the refrigerator) for cold fish fillets and for sliced cold meats like veal, turkey, chicken, lamb. Sugar may be omitted and the juice of 1 more lime or lemon added for a tarter, less sweet sauce or dressing. Makes 2 cups.



BARBECUES 'ROUND THE WORLD *continued*

MEXICO

BARBECUED PORK STEAKS

2 lbs. boneless pork steaks, cut $\frac{1}{2}$ -inch thick	2 cloves garlic, crushed
$\frac{1}{4}$ cup vinegar	1 tsp. salt
1 cup water	$\frac{1}{2}$ tsp. fresh ground black pepper
4 tbsp. chili powder	
1 tsp. oregano	

Flatten pork between waxed paper by pounding with a mallet or rolling pin. Cut into 4 pieces. Mix remaining ingredients and shake in a tightly closed screwtop jar. Pour over pork and marinate it in the refrigerator overnight, turning the meat in the sauce now and then. Cook slowly over charcoal, basting frequently and keep marinade hot on grill for basting. Dip pieces in some of the hot marinade before serving. Serves 4.

BROILED FISH

2 lbs. fish fillets	$\frac{1}{2}$ tsp. crushed thyme
$\frac{1}{2}$ cup olive oil	1 tsp. crushed coriander seeds
$\frac{1}{2}$ cup vinegar	2 tbsp. minced parsley
1 medium onion, minced	salt, pepper
$\frac{1}{2}$ cup chopped ripe olives	

Mix together all ingredients but the fish and let stand at room temperature for about 2 hours or overnight in the refrigerator so flavors can meld. Cut pieces of foil to fit under fillets, just to the edge, if you plan to cook these directly on your grill. Otherwise, lay fillets on one half of hinged broiler (oiled), and coat them liberally with the basting sauce. Broil quickly, turn, coat again and finish broiling. Do not overcook—fish is done when it is opaque and flakes when tested with a fork. Serves 4-5.

BARBECUED LAMB

1 small leg of lamb (5-6 lbs.) boned and rolled	2 cloves garlic, crushed
5 tbsp. olive oil	1 tbsp. oregano
	1 tsp. cumin seed
	3 tbsp. vinegar

Make a paste in a mortar of the garlic, cumin seeds, and oregano. Make 1-inch

deep gashes in the lamb with a sharp knife and fill with paste—space gashes to get some of the paste into the flesh on all sides. Rub entire surface with salt and pepper. Mix vinegar and oil (you may add a little more garlic if you wish) and pour over meat in bowl. Marinate overnight, turning and re-coating lamb from time to time. Center lamb on spit and balance, using counterweights if necessary, and cook 6 inches from coals, turning slowly and evenly. Lamb should be pink, ideally, inside (use thermometer for "rare" lamb) and crispy on the outside. Serve with sauce below. Serves 4-5.

LAMB SAUCE

2 cups tomato paste	1 tbsp. vinegar
1 minced onion	2 tbsp. olive oil
	1 tsp. oregano
	salt, pepper

Mix all ingredients together thoroughly and chill to serve with hot or cold barbecued lamb slices as a top or side dressing. Vary sauce with the addition of a large finely chopped seeded green pepper or a few green chili peppers. Makes about $2\frac{1}{2}$ cups.



BARBECUED RIBS

4 lbs. lean meaty spareribs, cut in 2x2-in. chunks	$\frac{1}{4}$ cup oil
1 tsp. salt	$\frac{3}{4}$ cup Madeira wine
1 tsp. black pepper	2 onions, minced
1 tsp. paprika	$\frac{1}{2}$ cup tomato puree
2 cloves garlic	1 tsp. dried mustard
2 tbsp. sugar	1 tsp. cumin seed
2 tbsp. chili powder	1 tsp. thyme
1 cup wine vinegar	1 large green pepper, diced
	dash of Tabasco

Combine wine with crushed garlic and

marinate ribs in refrigerator overnight, turning occasionally. Mix all remaining ingredients together in a saucepan and bring to a boil, stirring. Then simmer for 10-15 minutes. Coat ribs with this sauce and broil, basting with sauce for 20 minutes or until thoroughly browned and crisp. Serves 4.

ARGENTINA

CHARRED BEEF STEAK

1 sirloin steak, about 5 lbs., cut 3 inches thick	2 large onions, chopped
$\frac{1}{2}$ lb. butter	2 tsp. salt
1 tsp. rosemary	1 tsp. black pepper
melted butter for basting	$\frac{1}{2}$ cup vinegar
	$\frac{1}{2}$ cup water
	dash Tabasco

Sauté onions in butter, then add the salt, pepper, water, rosemary, vinegar, Tabasco and cook for 10 minutes. Reserve this, keeping it warm on the grill, until steak is done. Brush steak with melted butter, sprinkle with a little crushed rosemary and pepper (salt now or later, as you prefer) and put on hot greased grill. Sear it quickly about 2 inches from the coals on both sides, then raise the grill and continue cooking and basting to desired degree of doneness (rare is the way the Argentinians would have it). Just before removing steak, lower the grill until the meat is almost touching the coals and char it quickly on both sides in the flames. Transfer at once to a hot server and carve diagonally across the grain, dipping each piece in the hot sauce. Pour a little of the sauce over the meat with each serving. Serves 4-5.

SWEET POTATOES

4 large sweet potatoes	1/2 cup raisins
$\frac{1}{4}$ cup honey	$\frac{1}{2}$ lb. cold boiled ham, sliced
$\frac{1}{4}$ cup orange juice	aluminum foil
$\frac{1}{4}$ lb. butter or margarine	

Parboil potatoes in their jackets, drain, cool, peel, and split in half lengthwise. Place potato half on a

square of foil, brush with a mixture of honey and orange juice, sprinkle a few raisins on top, add a lump of butter. Lay a ham slice or two on top of this, then fold and seal the whole in the aluminum foil. Arrange on grill and cook about 6 inches above coals until done (about 20 minutes). Serves 6-8.

BRAZIL CHICKEN CUMIN

1 large broiler or frying chicken (3½ lbs. approx.)	2 tomatoes, sliced 2 tbsp. parsley, chopped
¼ lb. butter or margarine	¼ tsp. cumin seeds 1 clove garlic salt, pepper
1 large onion, chopped	

Disjoint chicken and cut in serving size pieces. Lightly brown in butter. Cut squares of aluminum foil for each serving and place a piece of chicken in center. Season with salt, pepper, cumin seeds, and a bit of garlic juice from the clove inserted in a press. Sprinkle with chopped onion and parsley, lay a tomato slice on top and put a lump of butter on this. Close foil and seal and place packets on grill about 4-5 inches from the source of heat. Cook until chicken is tender (about 30 minutes). Note: this dinner can wait since the foil will keep food warm on serving plates for some time. Serves 4-5.

PERU SKEWERED BEEF HEART

1 beef heart	2 tbsp. parsley, chopped fine
1 cup wine vinegar	1 tbsp. celery tops, chopped
1 tsp. salt	1 clove garlic, crushed
1 tbsp. chili powder	
1 large onion, minced	
2 bay leaves	

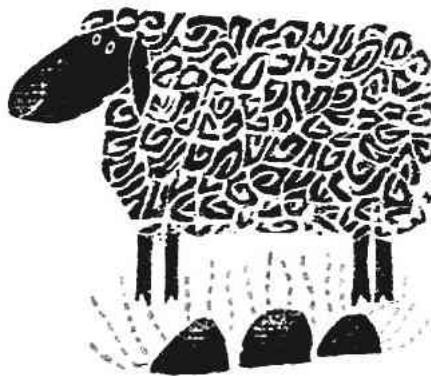
Wash, dry, and cut beef heart (Peruvians actually prefer a bull heart) into bite-size pieces. Mix all remaining ingredients and marinate meat at room temperature overnight. Oil skewers, drain meat and thread pieces on skewers, keeping them fairly close together.

Roast over charcoal, basting with marinade until crisply done. Serves 4.

SPAIN STEAM-GRILLED TROUT

4 whole trout	½ tsp. cumin seeds
1 cup sherry wine	1 tsp. pepper
½ cup olive oil	1 clove garlic, crushed
12 fresh mushrooms	12 ripe olives, minced
1 tsp. paprika	2 scallions, chopped
1 tsp. salt	
1 tbsp. parsley, chopped	

Have trout cleaned, leaving heads and tails on. Wash, wipe dry, season with salt and pepper inside and out. Lay each trout on a piece of aluminum foil cut large enough to wrap and seal trout for grilling. Meanwhile, combine olives, garlic, scallions, cumin seeds, parsley, wine, olive oil, paprika, pepper



and salt. If trout is marinated in this for about an hour, cooking time will be reduced. Otherwise, divide mushrooms in 4 equal parts and place a portion on top of each trout, cup foil and spoon sauce mixture over each. Close and seal foil and steam-grill trout over hot coals until tender. Serves 4.

GRILLED LAMB STEAK

2 lamb cutlets about 1-inch thick	½ cup red wine
2 scallions	1 medium onion, minced
1 large stalk celery	2 tbsp. chili powder
3 sprigs parsley	1 tsp. salt
4 cloves garlic, crushed	½ cup tomato pureé
1 cup olive oil	1 tsp. thyme

Make a "brush" for basting by tying celery, parsley, scallions together with string. Mix and simmer together 10 minutes all other ingredients (except lamb). Strain. Baste steaks with sauce frequently as you grill them over coals till tender. Serves 4-6.

GRILLED MACKEREL

3 lbs. mackerel, dressed	freshly ground black pepper
1 cup basic French dressing made with lemon juice	2 cloves garlic, mashed

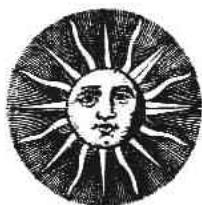
1 tsp. paprika
salt

Choose any of the mackerel fish for this dish—kingfish, small tuna, or a "small" big jack. Have fish cut in steaks and marinate in the French dressing made with lemon juice and in which the mashed garlic cloves have been soaked. Place steaks on well-greased grill over glowing charcoal. Brush with the marinade and sprinkle with salt, pepper and paprika. Cook steaks (or boneless fillets, if you prefer) through, turning and basting often. Do not burn. Remove to warmed serving plates and dust with paprika. Serves 6. Serve with the Piquant Spanish sauce below:

PIQUANT SPANISH SAUCE

2 cups good mayonnaise	2 cloves garlic, minced finely
1 tbsp. hot grated horseradish	1 tbsp. chopped capers
1 tbsp. chopped gherkins	few drops Tabasco sauce
1 tsp. chopped parsley	½ tsp. celery salt
½ tsp. basil	2 tbsp. sugar
½ tsp. anchovy paste	¼ tsp. powdered cloves
2 tbsp. tarragon vinegar	1 onion finely chopped
2 tbsp. French's prepared mustard	½ green pepper, minced

Mix together the anchovy paste, garlic, vinegar, cloves, sugar, celery salt, basil and grated horseradish. Blend with the mayonnaise (see recipe on p. 43). Fold in the chopped capers, green pepper, onion, parsley, and gherkins or chopped sweet pickles. Add the prepared mustard and a dash of Tabasco sauce and mix gently but thoroughly. Chill and serve with hot or cold grilled fish. Makes about 3 cups.



BARBECUES 'ROUND THE WORLD *continued*

ITALY

ADRIATIC GRILLED FISH

4 lbs. assorted fish; halibut, mullet, whiting	2 tsp. freshly ground black pepper
1 cup olive oil	1 tsp. rosemary
2 tsp. salt	3 tbsp. fresh lemon juice

Use a hinged broiler well-greased. Clean, wash and wipe fish dry, leaving heads and tails on and clipping any large fins close. Mix remaining ingredients together and pour over fish in a shallow bowl to marinate for 2 or 3 hours at room temperature. Arrange on broiler, clamp closed and cook over coals for about 20 minutes on each side or until fish is done and skin is crisp. Brush frequently during the broiling and serve with lemon slices. Serves 4-5.

VEAL KIDNEYS WITH ANCHOVIES

4 veal kidneys, split lengthwise	4 tbsp. finely chopped parsley
2 tbsp. olive oil	4 anchovy fillets
1/2 tsp. salt	1/2 stick butter or margarine
1/2 tsp. pepper	3 peppercorns
2 tsp. lemon juice	
2 cloves garlic	

Place kidneys on waxed paper, close together and sprinkle with salt, pepper, oil, lemon juice. Let stand at room temperature for 1 hour. Meanwhile, in a mortar, crush and pulverize the peppercorns. Add the peeled garlic cloves and crush. Chop the anchovies finely and add, working into a paste. Add the half-stick of butter and work all together. Drain kidneys, spread with the butter and sprinkle with half the chopped parsley. Arrange on hot grill (use hinged broiler if grate is widely spaced) and cook for about 5 minutes on each side or just a bit longer after the red juice stops running. Serve on hot plates with the rest of the parsley dusted over the kidneys and add a lemon slice or wedge to each serving. Serves 4. Note: split lamb kidneys may be substituted.

SKEWERED PORK LIVER

1 lb. pork liver cut in 12 pieces	1/2 cup bacon fat salt, pepper
1/2 lb. lamb intestinal membrane	12 slices (1/2-inch) thin-loaf French bread
12 bay leaves	

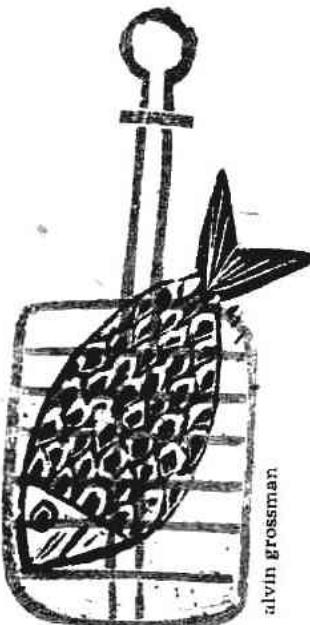
Wrap the liver pieces in the lace-like membrane (usually procured in Italian butcher shops) and thread first a wrapped piece on a skewer, then a bay leaf and then a bread slice. Repeat, filling one long skewer, or divide items in four portions and thread 4 individual greased skewers. Keep items close together. Sprinkle with salt and pepper, brush with melted bacon fat and grill over hot coals about 6 inches

FRANCE

CHICKEN LIVERS EN BROCHETTE

1 lb. fresh or fresh frozen chicken livers	1/2 lb. fresh mush- rooms
flour	1/2 stick butter
olive oil	1/2 lb. bacon pepper salt

Sauté mushroom caps in butter for a very few minutes (just heated through) and cut bacon strips in squares. Thread greased skewers in this order: first a mushroom cap, then a square of bacon, next a chicken liver (half, if livers are large; otherwise use whole ones), then a bacon square and begin again, repeating until all ingredients are used, equally apportioned among 4 skewers. Sprinkle the whole with salt and pepper, roll each filled skewer in flour, then gently in oil (or melted butter). Broil over coals, turning until brown on all sides. Do not overcook or livers will become tough. Serves 4.



from source of heat until just done—about 7-8 minutes. Serves 4. Note: if the lamb intestinal membrane is unavailable, you may substitute not-too-lean bacon as a wrap for the liver pieces. Pork liver has a somewhat different flavor from the more popular beef or calf liver. Some people soak the liver in salted water overnight or in a bowl of sweet, fresh milk before cooking. All connective tissue and blood vessels should, of course, be removed before cooking the liver.

GRILLED VEAL KIDNEYS

4 veal kidneys, split lengthwise	1/4 lb. fresh mush- rooms
salt, pepper	4 fresh tomatoes, halved
1/4 lb. melted butter	2 tbsp. chopped parsley
1/4 lb. sliced cold boiled ham	

Lay kidneys flat on hinged broiler, sprinkle with salt and pepper and brush with melted butter. Close and clamp broiler and grill kidneys until nearly done (about 10 minutes) then open the grill and leaving it open (kidneys will now stay flat), lay tomato halves on, place a slice of ham on top of each kidney half and grill until tomatoes are cooked. Serve with tomato on top of ham-topped kidney and cover with mushrooms which have been sautéed in butter. Serves 4. Note: large lamb kidneys (allow two per person) may be split—not quite through—and flattened and used as a substitute for the veal, if you wish.

BELGIUM

BARBECUED EEL

2 lbs. eel skinned and cut into 2-inch pieces	1/4 stick butter melted
1/2 tsp. chervil	1 1/2 cup bread crumbs
salt, pepper	extra melted butter
2 whole eggs	

Wash and wipe eels dry. Beat eggs with melted butter, salt, pepper and chervil. Dip eel chunks first in egg, then roll in crumbs, then in egg and crumbs again. Thread pieces on skewer and cook over hot coals, turning and basting with extra melted butter. Serve with tartar sauce or a sauce made by mixing together one cup light mayonnaise, 1/2 teaspoon dried mustard, 1 tablespoon each of capers and chopped sweet pickles, 1 teaspoon each of parsley and chervil. Serves 4.

all over the surface about 2 inches apart. Wrap with the bacon slices to cover completely, fastening securely with butcher's twine or toothpicks. Grill until bacon is thoroughly crisp

The best bloaters are caught near Yarmouth and it is said you must go there for the true flavor. The herring substitute is best grilled whole and is as simple as laying it on the grill and allowing about 5 minutes per side to reach its peak of doneness. Serve with a squeeze of lemon juice. Split herring or bloaters take 5 minutes altogether.



ENGLAND

BROILED VENISON STEAK

1 venison steak about 3 lbs., cut 3/4-inch thick	salt, pepper
1/2 cup melted butter or oil	1/2 tsp. crushed rosemary (optional)

Wipe venison steak dry, sprinkle with pepper and crushed rosemary and brush with melted butter. Grill over hot coals until just rare—basting liberally with the butter, and salting just before serving. Serve with a lump of butter rolled in parsley. Serves 4. (Note: if venison is from an old or tough cut marinate it in "Venison Marinade"—recipe on page 27. If cut is from a tender, young, properly hung and aged deer, this is not necessary.) Serve with large sautéed mushroom caps filled with tart currant jelly.

ROASTED BEEF TONGUE

1 beef tongue, boiled, peeled	1/2 cup whole cloves
1 lemon sliced	6 bacon slices cut double-thick

Balance tongue on spit. Insert cloves

and dark brown. Cut strings, remove bacon. Serve with lemon slices and a claret sauce made as follows: sauté 1 finely chopped onion in 2 tablespoons of butter. Blend in 2 tablespoons of flour and brown. Add 2 cups concentrated consommé or beef stock and 2 tablespoons of tomato paste, cooking and stirring until thickened. Season with salt and pepper, then add 1/2 cup claret wine and heat thoroughly, but do not boil. Pour over tongue slices to serve. Note: this will make approximately 1 1/2 cups of claret sauce.

GRILLED BLOATERS

4 bloaters or smoked herring	1 lemon cut in 4 wedges
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While smoked herring, to an Englishman, is no proper substitute for a bather, this is probably the closest you will ever achieve by way of taste, for the very best herring for "bathers" come from English waters, and are a dull silvery color after they've been half dried in smoke and cured in brine, while the kipper is brown.

SALT-ROASTED BEEF

1 boned and rolled rib roast, about 5-7 lbs.	water
2 cloves garlic, slivered	
rock salt	

Wipe meat dry and insert with the point of a sharp knife the slivers of garlic at intervals on the surface, if you wish (this is optional and not strictly English style). Add water to rock salt gradually, stirring to make a thick paste. Coat the entire roast thickly with the "paste" so it will form a crust. Center and balance roast on spit and cook slowly and evenly for about 4 hours or until roast is rare (use meat thermometer). Crack salt crust from the roast just before serving and serve it with Yorkshire pudding. Serves 8.

ENGLISH MIXED GRILL

4 double-cut lamb chops with lamb kidney tied inside	8 large fresh mushroom caps
8 links sausage	2 large fresh tomatoes
	beef drippings or bacon fat

Arrange on greased grill over charcoal the 4 chops (may be wrapped and skewered with a strip of bacon) and sausage. When cooked (use beef drippings or bacon fat to baste) within 5 minutes of desired degree of doneness, place halved tomatoes and mushroom caps on grill. Baste until done and season with salt and freshly ground black pepper. Serves 4. Note: thick mutton chops may be substituted for the lamb and these are prepared in the same way, with a kidney tucked in, a bacon slice wrapped around the chop and the whole skewered together.

... AND 'ROUND THE U.S.A.

down SOUTH

GRILLED DEVILED PIG'S FEET

6 pig's feet, split lengthwise	8 cloves
3 onions	2 tbsp. dry mustard
3 cloves garlic	2 tbsp. horseradish
1 tsp. pepper	1/4 cup oil
2 tsp. salt	bay leaves
1/4 cup vinegar	breadcrumbs

Tie split feet together with cord and place them in a pot with the onion, garlic, salt, pepper, vinegar, a few bay leaves, the cloves, and water to cover. Boil and cook covered for 2-3 hours until tender. Drain. Wipe dry. Mix mustard, oil, horseradish. Spread on cut sides of feet; sprinkle breadcrumbs on top. Place on hot grill close to coals; cook until crisp. Serves 6.

BARBECUED MULLET

3 lbs. mullet	1/4 tsp. hot pepper sauce
1 bottle catsup	3 lemons juiced
3 oz. prepared mustard	2 lemon rinds cut up
1/4 cup Worcester- shire sauce	1/2 stick butter
1/2 cup vinegar	1/4 teaspoon salt

Mix all ingredients (except fish) together and bring to a boil. Simmer until the lemon rind is clear, about 1 1/2 hours. Add water if necessary.

(Note: this is a basic fish sauce which may be prepared ahead and stored.) Marinate the cleaned mullet in this sauce for about 15 minutes. Then lay the mullet on the greased grill with the thickest side next to the fire. Cook for about 10 minutes, keeping moist by brushing with the fish sauce. When one side is done, turn and cook the other side for 5-10 minutes, brushing with the sauce. Keep mullet far away from direct flame so that outside doesn't burn before inside is done. Serves 6-7.

CHARCOAL-BROILED TURTLE STEAKS

6 turtle steaks, 3/8 inches thick	1 tbsp. lemon juice
1 tbsp. Italian salad dressing mix	2 tbsp. vinegar
1/3 cup olive oil	1 tbsp. dehydrated onion flakes soaked in 2 tbsp. water
1 tbsp. parsley, minced	salt, pepper

Parboil steaks for 10 minutes in water. Lay each steak on a square of aluminum foil and cover with a sauce made by mixing all remaining ingredients together. Fold foil to cover steaks completely and seal edges. Let stand for about 2 hours. Then place

foil-wrapped steaks over charcoal and cook until tender. Serve in foil. Serves 6. (Note: this is a South Florida recipe used for loggerhead and green turtles.)

ROAST QUAIL

6 quail, plucked and dressed	3 small onions, minced
1 tsp. marjoram	1 lemon
few sprigs parsley	2 oranges
3 tbsp. salt	1 cup hot water
2 sticks butter	6 small pieces beef suet

Wipe and dry quail inside and out. Tuck a piece of suet inside each one, a pinch of marjoram and a sprig of parsley. Truss and center on spit about 6 inches from coals. Dissolve the salt in the water and baste birds with this. When this is exhausted, baste with melted butter. Cook until tender but well browned. Serve with a sauce made from the drippings caught in the grill drip pan (or an aluminum foil catch-pan arranged by you), to which add the minced onions, the juice of the oranges and the lemon, the grated peel of one orange. Thicken with flour as needed and serve hot with the quail. Serves 6.

Regional cooking adds distinctive individual touches to the barbecue, too.

Travel the compass and taste these varied ways of cookery outdoors—on spits and grills, in pits or over great campfires. Since the days of the pioneers and explorers, the cookout has persisted as a flavorful and colorful eating adventure. Here is a capsule collection of typical recipes from three segments of the country—down South where the barbecue is a vote getter at rallies, out West where it's chuckwagon time, and "down East"—up North—where a cookout means clambake

MIXED GRILL

1 2-lb. ham steak	lemon juice
8 link sausages	2 tbsp. brown sugar
4 ripe bananas	4 whole tomatoes

1 stick melted butter

Arrange ham (slash edges at 1-inch intervals to keep from curling), the sausages, the peeled bananas (split lengthwise), the tomatoes (cored and halved) on greased grill about 6 inches from coals. Melt butter and brush ham, tomatoes, bananas. Sprinkle ham, tomatoes and bananas with the brown sugar and squeeze lemon juice over each banana. If pre-cooked, tenderized ham is not used, reserve bananas and tomatoes for last 5 minutes of broiling. Sausages may be boiled for about 30 minutes first and drained before placing on grill to reduce fat flare-ups and to speed up cooking time. Serves 4.

ROASTED YAMS

6 medium-size sweet potatoes or true yams	salt
1/2 lb. butter	pepper

brown sugar

Bury scrubbed whole yams in coals to

cover (with or without aluminum foil wrap). Roast for about 1 to 1½ hours, split and serve with melted butter to which salt, pepper and a tablespoon of brown sugar (or more, depending on taste) have been added.

BARBECUED GUINEA HEN

3 guinea hens, plucked and dressed	salt
1 cup butter	2 tsp. Tabasco sauce
3 tbsp. vinegar	3 tbsp. concentrated meat sauce or Kitchen Bouquet

Wash birds inside and out with a solution of baking soda and water (do not soak) and drain and pat dry. Split them down the back and flatten them for the grill with a rolling pin. Rub skin with salt. Mix all remaining ingredients together in the butter, melted. Heat but do not burn. Lay birds on greased grill with skin side up and cook about 6 inches from heat source, basting with the sauce constantly, turn, raise grill and cook slowly until done and tender. Serves 6 persons a half hen apiece.

PIT BARBECUED PORK

1 whole loin of pork with chops sliced to the bone base, but not separated	1 tbsp. Worcester-shire sauce
1 minced onion	1 tsp. salt
3/4 cup butter or oil	1 tbsp. celery seed
1 tsp. salt	2 minced cloves garlic
1 cup catsup	dash Tabasco
1/2 tsp. dry mustard	1 1/4 cups water
1 tsp. chili powder	1/2 tsp. black pepper
1/4 cup vinegar	1/2 tsp. paprika
	2 tbsp. sugar

Dig a pit and lay the fire using hickory wood (or oak, pecan or apple). When it has burned to good hot coals with a thin layer of ash and is producing a steady, even heat, arrange greased spit over it and center and balance pork loin on this. (Loin may be cut into chops and cooked on greased grill if preferred.) Cook slowly, swabbing with sauce made of all remaining ingredients cooked together for 5 minutes. Allow several hours for pork to be done thoroughly. Serves 15 people. Note: When serving, dip the portions in some of the hot basting sauce, being careful not to immerse the crispy outside skin which would become gummy and lose its crackly texture.

more, next page

out WEST

BARBECUED STEAK

3-4 lb. steak (2½"- 3" thick)	1 garlic clove, minced fine
½ cup salad oil	1 tsp. onion salt
2 tbsp. lemon juice	½ tsp. pepper

Combine salad oil, lemon juice, garlic, onion salt, pepper. Coat entire surface of steak on both sides with marinade, place steak in remaining marinade in shallow dish and marinate 4 to 6 hours before broiling. Broil over moderate heat on outdoor grill 5 minutes each side for rare steak; 10 minutes each side for medium; 12 to 15 minutes each side for well-done. Serves 4.

CHUCKWAGON STEAK SANDWICHES

½ cup salad oil	1 med. sliced onion
½ cup wine vinegar	1 garlic clove, minced
¼ tsp. oregano	2½ lbs. chuck fillet, 2" thick
½ tsp. thyme	2 tsp. Kitchen Bouquet
½ tsp. salt	
12 hot dog rolls buttered	

Combine all ingredients (except Kitchen Bouquet and rolls) and pour over steak. Marinate overnight or at room temperature for several hours. Remove steak from marinade and brush both sides with Kitchen Bouquet. Broil over moderate heat for 15 minutes on each side. Place on platter and slice diagonally into thin slices about $\frac{1}{8}$ inch thick. Serve over split, toasted hot dog rolls. Serves 12.

FISH STEAKS FRANCISCO

4 salmon steaks	1 stick butter or margarine
1 cup California sauterne	salt, pepper
	1 lemon, sliced

Marinate steaks in the wine for 3 or 4 hours in the refrigerator. Place fish, drained, on greased grill about 4

inches from the coals and sprinkle with salt and pepper. Cook, basting from time to time with some of the wine, and turn once during the process. Fish will be done when it flakes under a fork and will take about 30 minutes, more or less depending on the thickness and size of the steaks. Before serving, pour melted butter or margarine over the steaks and top with lemon slices. Serves 4. Note: recipe is also good for halibut, swordfish, or red snapper.

the ears of corn in husks directly on coals and roast, turning, for about 20 minutes, until corn is done and husks are completely charred. Reserve at edge of fire to keep warm while you broil the T-bone steaks. Keep coffee hot on the coals and baked beans cooking in a Dutch oven. Serve with old-fashioned oversize baking powder biscuits, a salad and such preserves, pickles and dessert as you choose. The amount, of course, will vary with the number of guests, but this is the kind of cookout that is most often planned for 40 or 50 people.

BROILED SAND DAB

2½ lbs. sand dab	½ stick butter or margarine
salt, pepper	1 lemon, thinly sliced

Lay dressed and wiped sand dab on well-greased grill and sprinkle with salt, pepper. Brush it well with melted butter and cook quickly with skin side down. Turn once, brush with butter or margarine again and serve immediately with a dusting of the finely chopped parsley and thin slices of lemon for garnish. This lovely fish is comparable to English sole and should be cooked as quickly as possible without crisping and without letting it dry out—flesh should be moist and delicate. Serves 4.

BARBECUED SQUAB

4 squabs dressed and trussed for the spit	¼ lb. melted butter or margarine
	1 tsp. salt

1 cup soy sauce

Brush squabs inside and out with the soy sauce and sprinkle with salt and pepper. Mix remaining soy sauce and melted butter or margarine and keep hot on the fire. Center birds on spit, counterbalance, and cook until tender, about 25 minutes, basting liberally and frequently with the combined soy and butter. Serve on pre-heated plates. Serves 4.

CHUCKWAGON CHOW

T-bone steaks, cut 1½-inches thick baked beans hot coffee	sweet corn, husks on biscuits vegetable salad preserves, pickles
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A true Western chuckwagon dinner features all the above plus a dessert. The traditional method of preparing this cookout begins like this: over a large campfire which has burned to glowing charcoal, heap a pile of hay. When it has burned down to coals, lay

BARBECUED BEEF SHORTRIBS

5 lbs. lean beef short ribs *	2 tbsp. Worcester- shire sauce
½ cup melted butter or margarine	3 tbsp. meat sauce
2 tbsp. minced onion	¼ tsp. salt
1 tbsp. catsup	¼ tsp. freshly ground pepper

Have butcher cut ribs about 6 inches long in sections of 3-4 ribs per portion. Mix all other ingredients together and heat to the boiling point, then simmer for 5 minutes. Lay ribs on greased grill over hot coals and broil, basting

with the hot sauce and turning until darkly crisped, almost charred. When serving, dip ribs in sauce. Serves 4-6.

HERBED LAMB SHOULDER

1 lamb shoulder, 3-4 lbs., boned and rolled	1 tsp. salt
1 lime, juiced	1 tsp. marjoram
1 onion, minced	1/2 tsp. rosemary
2 cloves garlic, mashed	1/4 tsp. freshly ground black pepper
	1/2 cup olive oil

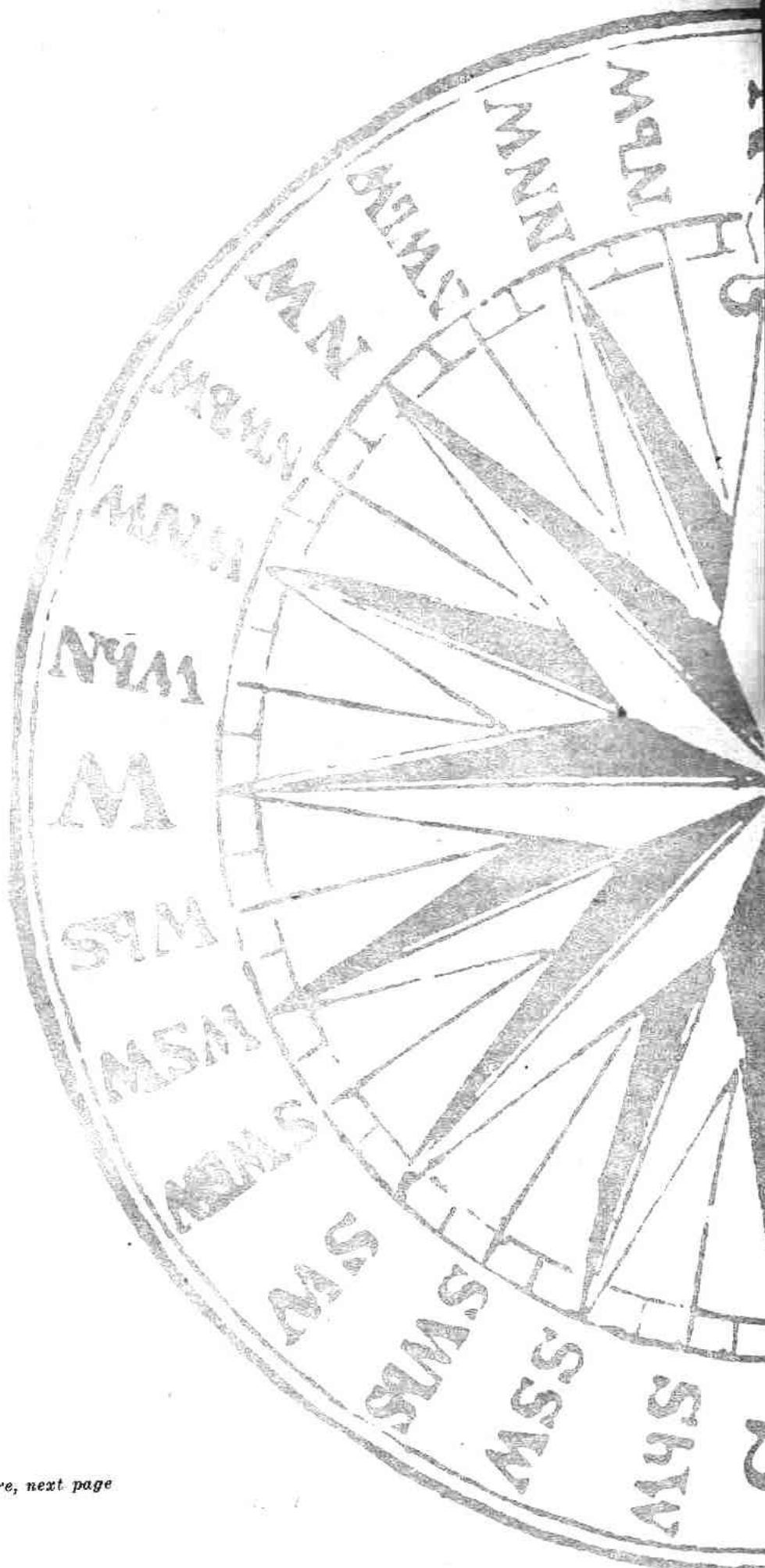
Wash and dry lamb thoroughly. Mix together the lime juice, oil, onion, garlic, salt, pepper, rosemary and marjoram and heat gently. Center and balance lamb on spit and roast over medium heat (use meat thermometer) to desired degree of doneness. Baste liberally during the process with the sauce. Serves 4.

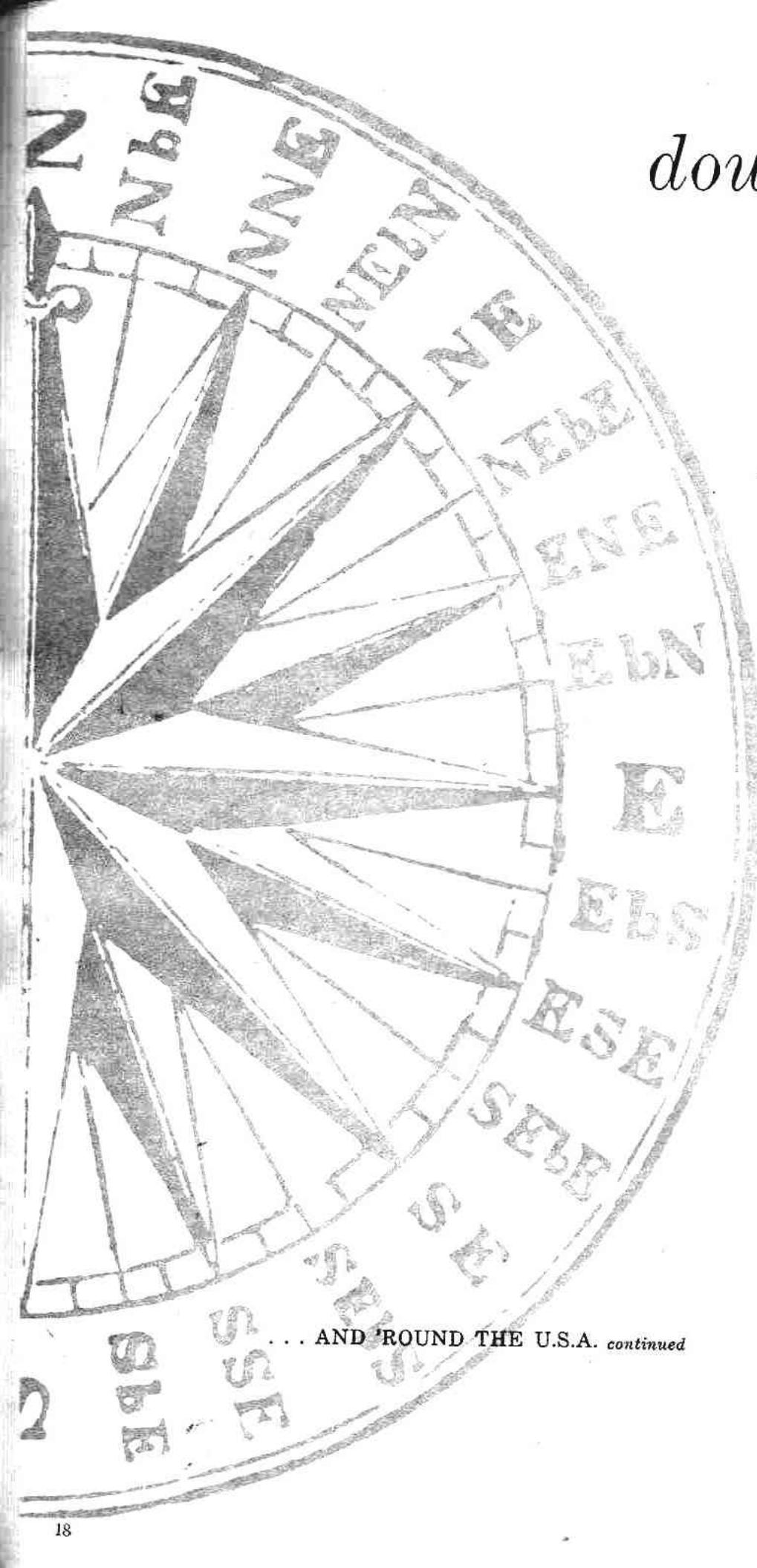
CALIFORNIA FRUIT KAROBS

3 bananas, peeled and cut in 2-inch chunks	4 California cling peach halves, cut in half
3 apples, cored, quartered, not peeled	1 bunch fresh mint
1 medium-size pineapple, cut in 1 1/2-inch chunks	3/4 cup honey
4 navel oranges, sectioned	1 oz. brandy
1 lime, juiced	1/2 tsp. powdered ginger or
2 grapefruits, sectioned	1 tsp. finely minced fresh ginger root
	1 1/2 cups orange juice

Mix honey, brandy, ginger, orange juice, lime juice and several sprigs of mint, chopped. Pour over prepared fruit, and marinate for 15 minutes. Skewer fruits, alternating the various pieces, on 8 skewers. Broil quickly on all sides, using the marinade to baste fruit. Serves 8. Note: These may be spectacularly served by warming brandy in a chafing dish or copper pipkin and igniting it. Pour over fruit kabobs and serve them flaming to your guests.

more, next page





down EAST

CLAMBAKE IN A KETTLE

6 baby lobsters (1½-1¾ lbs. each)	3 doz. clams, in shells
1 dozen ears of fresh corn, husks on salt, pepper	1 lb. melted butter or margarine
	½ gallon hot coffee seaweed or aluminum foil

Put lobsters on a 4-inch layer of seaweed in the bottom of a large kettle. (If seaweed is not available, pour 1 inch of salted water in bottom.) Cover lobsters with another layer of seaweed (or a sheet of heavy duty aluminum foil) and place corn in husks on top. Add another layer of seaweed or aluminum foil and arrange clams on top. Cover with final layer of seaweed or foil and cover kettle tightly (line inside of lid with foil and let foil extend a few inches down the side of the kettle.) Put kettle over outdoor fire or on grill close to coals. Allow about 2 hours for the whole to cook. Serve melted butter with clams which will be ready first. When these are eaten, corn will be ready for husking, buttering, salt-and-peppering and eating. Lobsters will continue cooking (covered) and may be eaten when corn course is over. Again, serve melted butter with the lobsters. Top the whole feast with cups of steaming coffee. Serves 6. Note: the traditional New England clambake is much more extensive than this capsule version and involves digging a pit and sinking a barrel. It is designed for larger numbers of guests and for feeding crowds.

ROAST CLAMS

4 doz. cherrystone clams or quahogs	4 tbsp. chopped parsley and chives
½ lb. melted butter pepper, salt, paprika	¼ lb. crisp cooked crumbled bacon

Shuck clams and return to a half shell each. Place each clam on a square of aluminum foil cut large enough to seal and cover clam completely. Pour a bit of melted butter on each; sprinkle some parsley, chives and bacon crumble, a pinch of salt, paprika and one turn of the pepper mill over all. Fold and seal each clam and put the packets

... AND 'ROUND THE U.S.A. *continued*

directly on the hot coals for about 4 minutes. Serves 8.

STEAMED CLAMS

80 steamers	fresh ground
salt or salt water	black pepper
1 lb. melted butter	

Soak clams in sea water (or fresh water if this is not available) for several hours to allow them to purge and then remove the culs or dead ones (gaping or floating to the top). Scrub and place in a large kettle with a tight lid. Add about $\frac{1}{2}$ inch of sea water or liberally salted fresh water. Cover and steam for about 10 minutes or until shells open. Serve in bowls with separate small bowls of melted butter. Strain broth and serve in mugs with the clams, putting a bit of butter on top and a pinch of black pepper. Garnish with chopped parsley or chives if you wish. Serves 4-6.

GRILLED OYSTERS

60 medium oysters	salt, pepper
1 lb. butter	

Place oysters in shallow pans on grill with deep side of shell down. Cover snugly with foil and heat until shells open. Dot with butter or pour a little melted butter over each one, sprinkle with salt and pepper. Serves 4.

BROILED SCROD

3 young codfish, about 1 $\frac{1}{2}$ lbs. each	$\frac{1}{4}$ lb. melted butter
	salt, pepper

Split fish down the backs and remove backbones. Lay on greased grill and brush with melted butter. Sprinkle with salt, pepper. Broil for about 1 minute. Turn, baste again with the butter, turn again and lower fire bed to cook about 4 minutes longer, basting as needed. Serves 4.

GRILLED SHAD ROE

4 pairs shad roe	juice of 1 lemon
8 strips bacon	$\frac{1}{4}$ lb. melted butter

Wash and pat roe dry between paper

towels. Wrap each one round and round with bacon strip and place over hot coals on greased grill cooking and turning for about 10 minutes. New Englanders like theirs dry and gritty and if you do, too, then parboil the roe first for about 20 minutes, then proceed as above. If you prefer it slightly moist or "rare" inside, grill for no longer than 10-12 minutes. Serve with melted butter mixed with the lemon juice. Serves 4.

BROILED PARTRIDGE

4 cleaned and dressed partridge	salt, pepper
	butter

Remove breasts from partridge and place on well-greased broiler, close to coals. Cook quickly—no longer than 7 minutes altogether—brushing with butter and turning several times. Season with salt and pepper and serve. Serves 4-6.

BROILED VENISON CHOPS

8 venison loin chops	salt
$\frac{1}{2}$ cup olive oil	pepper

Brush chops with the olive oil and sprinkle with salt and black pepper. Place on hot grill close to coals and quickly sear on both sides. Baste again with the oil and cook about 3 minutes more or less, depending on thickness of chops. Do not overcook as venison dries out quickly. Serve on pre-heated plates with a little tart currant or beach plum jelly. Serves 4.

BROILED SMELTS

3 lbs. smelts	$\frac{1}{2}$ lb. melted butter
$\frac{3}{4}$ cup olive oil	2 lemons, quartered
2 tbsp. paprika	breadcrumbs

Clean smelts and pat dry between paper towels. Dip them in olive oil, then in breadcrumbs. Sprinkle generously with paprika and broil in a hinged broiler over hot coals until golden brown. This should take about 8-10 minutes altogether and fish should be quite crisp. Serve on warmed plates

and pour melted butter over each portion. Garnish with lemon wedge. Serves 4-6.

NEW ENGLAND BROILED MACKEREL

2 2-lb. mackerels, cleaned and split	salt, pepper
2 lemons, quartered	$\frac{1}{2}$ stick butter, melted

Lay split mackerel, skin side down, on a well greased broiler about 4 inches from the coals. Brush with melted butter. Broil 8-10 minutes and turn. Continue to broil until fish skin is quite crisp. Sprinkle with salt and pepper and serve at once with lemon wedges. Serves 4.

BROILED BUTTERFISH

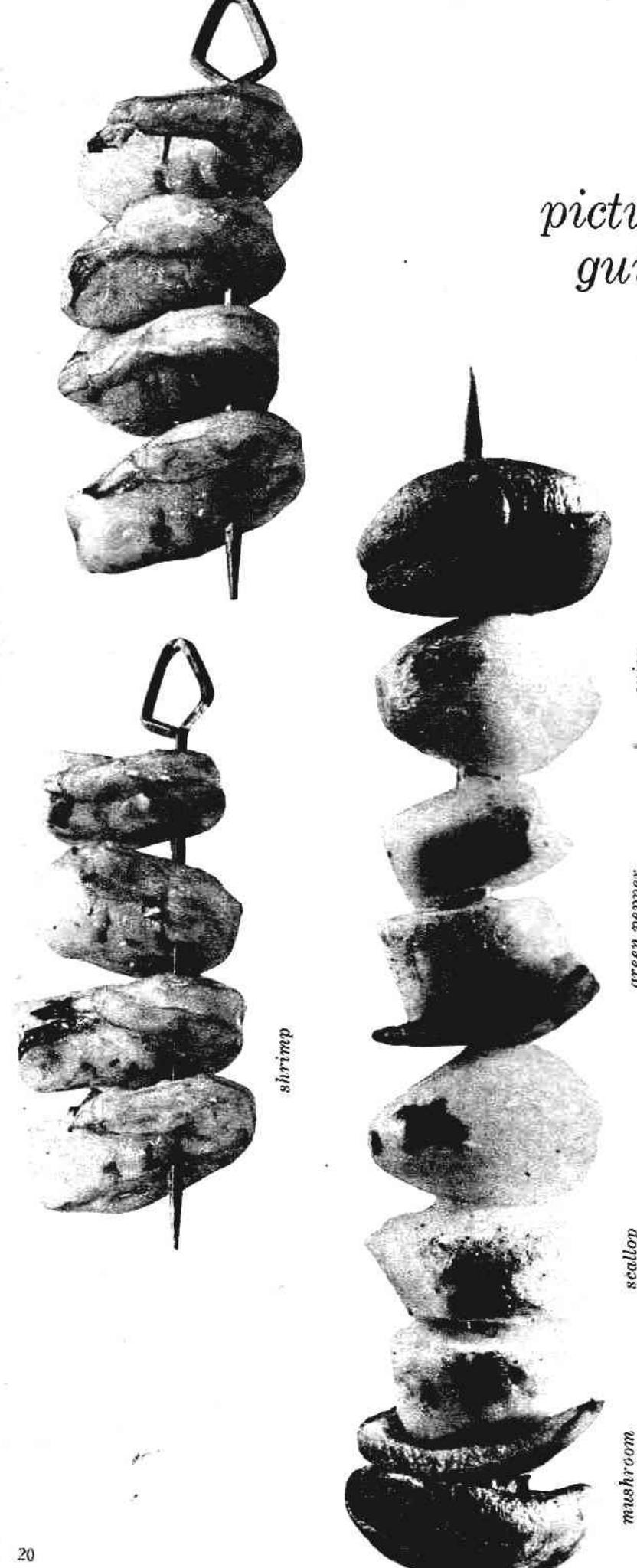
8 butterfish	2 tbsp. olive oil
1 $\frac{1}{2}$ tsp. salt	1 lemon, quartered
$\frac{1}{2}$ tsp. black pepper	

Mix or shake together in a tightly covered screwtop jar the salt, pepper and olive oil. Pour over the butterfish which have been cleaned and dressed, with or without heads, and allow to stand a few minutes at room temperature. Lay on well-oiled grill and cook quickly about 3 inches from heat source for about 6 minutes, turning once. Serve with lemon quarters to squeeze over the butterfish. Serves 4.

VENISONBURGERS

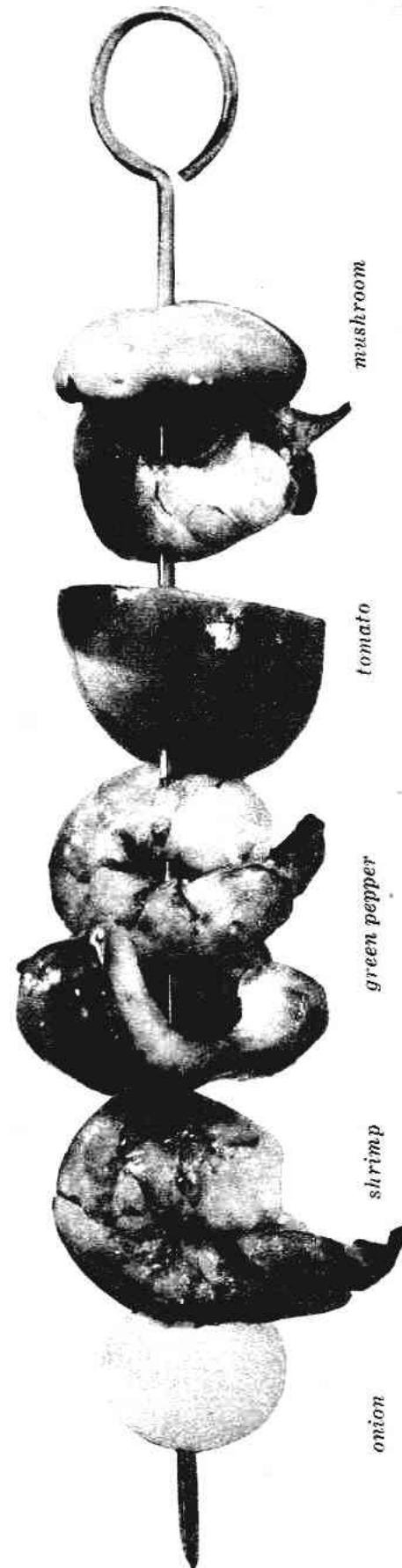
2 lbs. venison	2 tsp. salt
1 onion	2 tsp. powdered sage
2 eggs	$\frac{1}{8}$ tsp. cayenne pepper
$\frac{1}{2}$ cup milk or sour cream	1 cup breadcrumbs
	$\frac{1}{4}$ tsp. black flour

Put venison and onion through coarse-set food grinder twice. Mix with eggs, breadcrumbs, milk or sour cream, and remaining ingredients. Blend thoroughly and lightly and form into patties about $\frac{1}{2}$ - $\frac{3}{4}$ inch thick. Brush with melted butter and grill slowly and evenly on well-greased grill, basting with melted butter. Do not let dry out. Serve with a sprinkling of Lea & Perrins sauce. Serves 5.



*a
picture
guide
to* **SKEWER
COOKING**

Say "shish kebab" in the Near East, "shashlik" in Russia, "sate" in the Dutch East Indies, "teriyaki" and "rumaki" in Japan, or "angels on horseback" if you're an American Boy or Girl Scout. It's all skewer cooking—one of the most colorful, imaginative and flavorful ways to cook outdoors in the world. Was it the flowing-robed shepherds of Syria, grilling meat on green sticks over their fires, who first invented the dish, or the Georgian hunters of Russia who roasted the first bits of lamb on sticks? No matter, American picnickers and barbecuers have taken the skewer and run away with it. The fun is in concocting your own combinations of vegetables, fruits, bits of meat, and seafood (see samples left and right) to achieve new medleys of flavors and texture. Marinades and basting sauces (see pages 26-29) create the overtones and accents—exotic or spicy, bland or piquant. Turn page for recipes and "how-to."

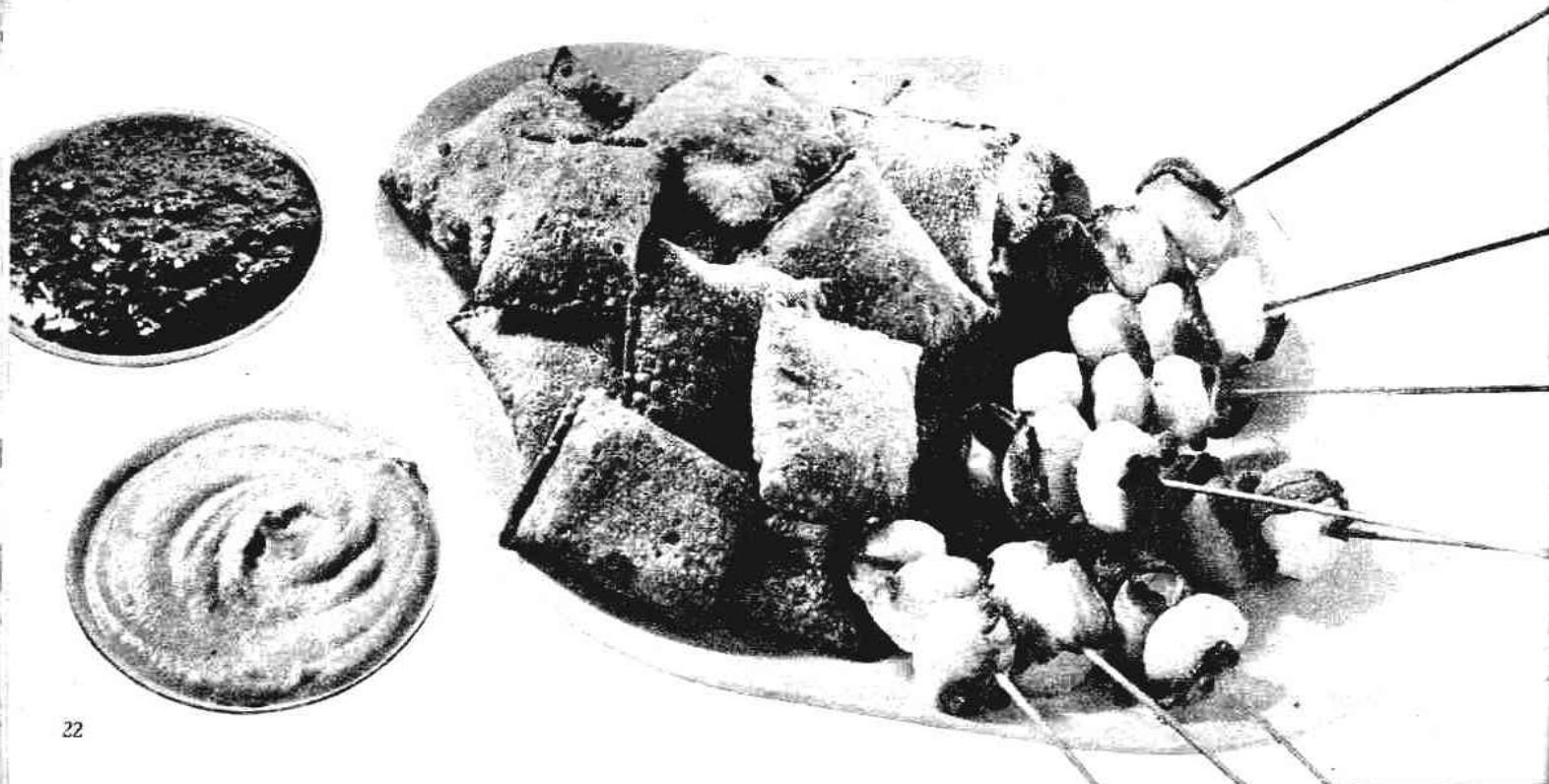




Two basic "musts" for good skewer cooking are proper lacing or threading (far left) and adequate basting (left). Skewers may be metal (steel or aluminum) or wood (bamboo or green sticks), thoroughly oiled before stringing. Spear ingredients as close to center as possible for good balance. Space them apart for "well-done," snug for rare results. Baste with oil, butter or marinade before, during cooking.

SKEWER COOKING *continued*

Skewered goodies can be delicious pre-dinner nibblings as well as the piece de resistance for your party outdoor feast.





OPPOSITE: COCKTAIL RUMAKI may be cooked over a hibachi on your patio or over barbecue grill. Drain 1 can of Chun King water chestnuts and spear three chestnuts per small skewer, lacing with bacon strip. Brush with mixture of $\frac{1}{2}$ cup soy sauce, $\frac{1}{2}$ teaspoon ginger, 2 teaspoons sugar, $\frac{1}{4}$ cup sherry. Grill, basting, until bacon is crisp. Grill frozen eggrolls on skewers at same time. Serve with mustard or plum sauce. Serves 4.

ABOVE: SHRIMP A LA BROCHE takes a pound each of small onions, fresh shrimp, mushrooms; plus 2 pounds of tomatoes and 2 green peppers. Parboil onions and peppers cut in 2-inch squares. Clean shrimp and mushrooms. Place all in marinade (see recipe, p. 27), for 3 hours. Drain, skewer as shown, and grill 10-20 minutes, brushing with marinade. Serves 4-6.

UPPER RIGHT: NEAR EAST LAMB KEBABS require 3 cups 1-inch cubes of lamb shoulder, 1 medium eggplant and 1 green pepper cut in 1-inch pieces, 12 small onions parboiled, 12 fresh mushrooms. Arrange these on skewers as shown and brush with melted butter. Broil about 8 minutes. Baste during broiling. Serves 4.

RIGHT: WINE KABOBS have a crunchy sweet savor. Marinate 1½ pounds each of boneless lamb shoulder and beef cubes in mixture of $\frac{3}{4}$ cup California sherry wine, $\frac{1}{4}$ cup oil, $\frac{3}{4}$ teaspoon oregano, $\frac{1}{2}$ teaspoon black pepper and 1 teaspoon salt. After 3 hours, drain, place on skewers, roll in flour and coarse meal. Grill for about 30 minutes or until done. Baste throughout, grilling and turning with marinade. Serves 6.

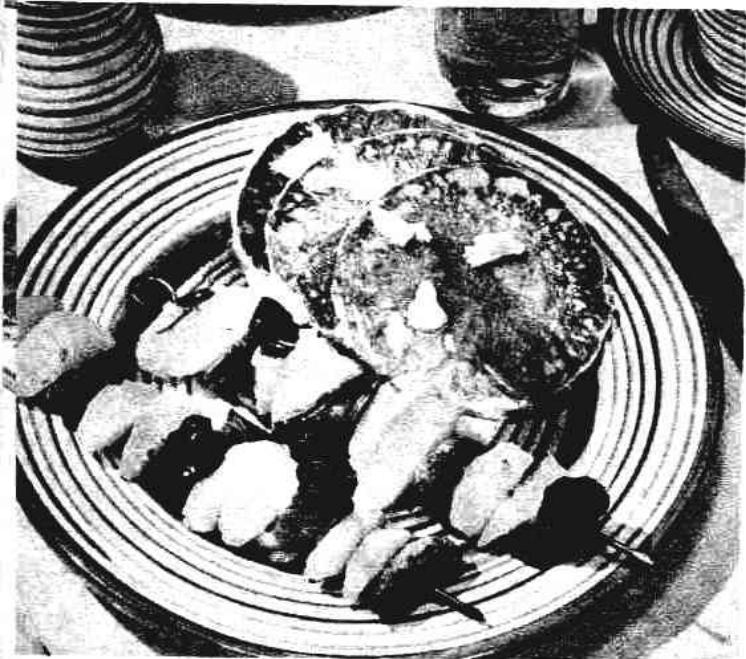


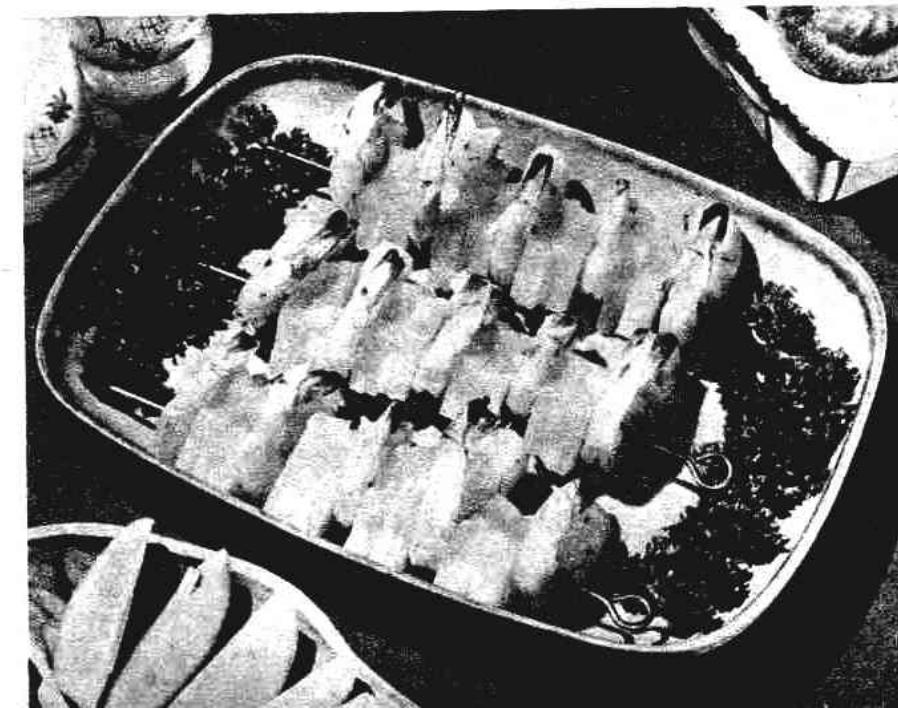
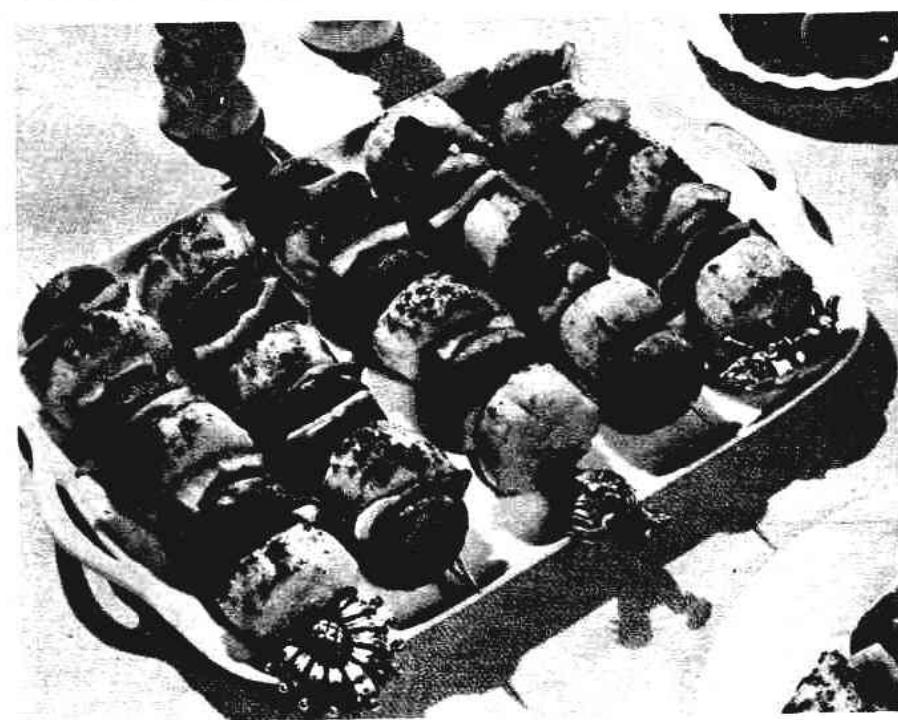
Variety is the spice of the kabob and only your own imagination can limit the combinations you'll create.



LEFT: MEATBALL KABOBS delight young guests and are simple to prepare. Make your favorite meatballs with $1\frac{1}{2}$ pounds ground beef. Cut two tomatoes in quarters; parboil 8 small onions. Thread skewers as shown, brush with melted butter and broil until brown. Serves 4.

LOWER LEFT: BRUNCH KABOBS are excellent accompaniment to flapjacks. Use 1 cup canned apple slices, 1 can cocktail sausages, $\frac{1}{4}$ pound halved chicken livers, $\frac{1}{4}$ pound halved bacon strips. Alternate these ingredients on skewers as pictured, with an apple slice after each meat piece. Brush with melted butter. Broil, basting with butter and turning, till brown. Serves 4. **BELLOW: JIFFY KABOBS** are broiled with canned cling peaches and currant jelly for flavor contrast. Cut 1 can spiced luncheon meat into 8 cubes, 1 pepper into 8 strips. Parboil 8 onions. Thread on skewers as shown. Broil peaches on foil and grill kabobs brushed with prepared mustard until browned. Serves 2-4.



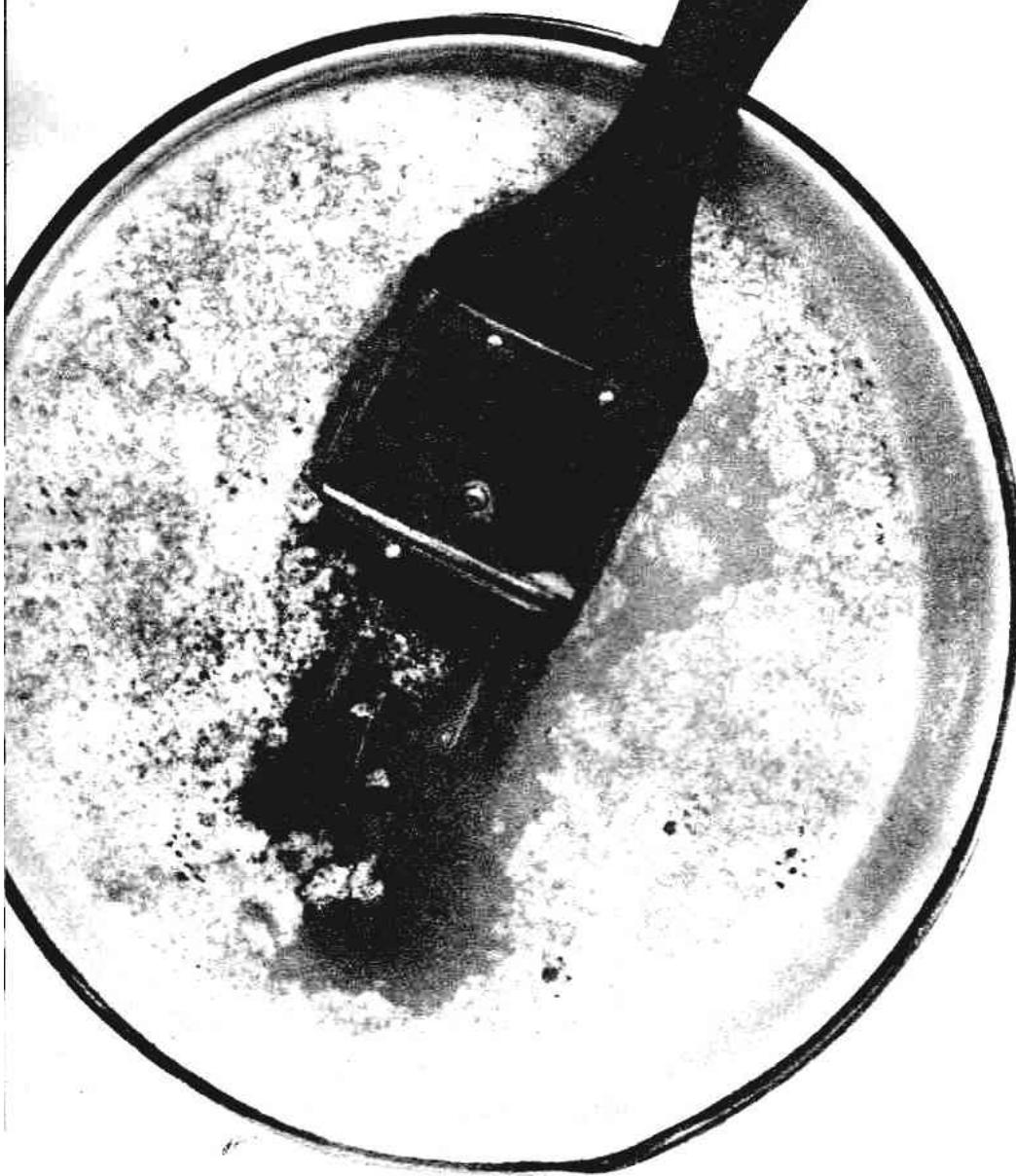


TOP: SKEWERED SHRIMP served hot with a dunking sauce (see recipes on pp. 28-29) is the perfect prelude to outdoor dinners. Use fresh shrimp, allowing 1 pound for every 4 guests. Peel, devein and soak shrimp in marinade (see pages 26-27). Thread on skewers and cook until opaque. Beware overcooking! Brush with oil, butter or the marinade once more on each side.

MIDDLE: SCALLOP KABOBS make a succulent main course at the cookout. For these you need 1½ dozen each of sea scallops and fresh mushrooms, 6 bacon strips cut in thirds, 1 green pepper, cut in 1-inch squares, plus ¼ pound of melted butter. Dip scallops and mushroom caps in butter. Skewer them alternately as shown with pepper and bacon. Arrange on grill and broil 6-8 minutes, turning several times and basting with butter. Serves 4-6, depending on appetites.

BOTTOM: SHRIMP TROPICANA is one version of the tropical kabob. Raw, cleaned shrimp are alternated on skewers with chunks of canned pineapple and brushed with a mixture of 2/3 pineapple juice and 1/3, salad oil. You need 1 pound of medium size shrimp and 1 medium size can of pineapple (slices to cut in wedges or chunks) for each 4 guests.

marinades and sauces



oil plus wine in equal parts, a finely minced onion, a crushed clove of garlic, salt and pepper and your favorite herb—result: a good poultry marinade

■ Use of the marinade to flavor and tenderize meats and poultry is relatively new to American cooking. Its widest use is, of course, in preparing meats for outdoor cooking, especially those to be skewered for broiling. Tougher, less expensive but flavorful cuts of meat like shoulder, chuck, neck and breast, soaked in mixtures of wine or vinegar and oil with appropriate herbs and seasonings, actually become as tender as some of the costlier cuts. To be effective, marinade should cover the meat, and meat should soak for at least 1 hour at room temperature, or all day in refrigerator. If marinade does not cover, turn meat frequently in it and weight with heavy dish. The marinades in which meats and poultry have been soaked may be used to baste during broiling or spit barbecuing to provide additional flavor, keep flesh moist and tender, and provide a fine glaze of color to the outside. The first six recipes below are basic; the rest are variations to try according to your taste:

BASIC POULTRY MARINADE: Mix together 1 cup each of olive oil and dry white wine, 1 large crushed clove of garlic, 1 finely minced onion, $\frac{1}{2}$ teaspoon each of salt, pepper and crushed dried tarragon leaves. Alternate herb: sweet basil.

BASIC LAMB MARINADE: Mix together 1 cup each of olive oil and red wine, 1 tablespoon each of finely chopped parsley and fresh mint leaves, 10 peppercorns, 1 bay leaf, $\frac{1}{2}$ teaspoon of salt. 6 cloves optional.

BASIC BEEF MARINADE: Mix together 1 cup olive oil, $\frac{1}{2}$ cup red wine, 1 large clove garlic minced, 1 large onion sliced, 10 crushed peppercorns, 1 bay leaf, $\frac{1}{2}$ teaspoon each of salt, oregano, basil.

BASIC SHRIMP MARINADE: Mix together 1 cup each of oil and white wine, $\frac{1}{2}$ teaspoon freshly ground pepper, 6 scallions chopped with tops included, 1 crushed clove of garlic, $\frac{1}{2}$ teaspoon salt, 1 bay leaf and 3 table-

spoons chopped parsley.

LEAN FISH MARINADE: Mix together $\frac{1}{2}$ cup each of olive oil and dry white wine, 1 large clove garlic minced, $\frac{1}{2}$ teaspoon coarsely ground black pepper, 1 teaspoon paprika, $\frac{1}{2}$ teaspoon Worcestershire sauce, and 1 teaspoon paprika. Dash cayenne optional.

FATTY FISH MARINADE: Mix together $\frac{1}{4}$ cup of olive oil, $\frac{3}{4}$ cup dry white wine, 1 large clove garlic minced, $\frac{1}{2}$ teaspoon coarsely ground black pepper, 1 teaspoon paprika, 1 teaspoon Worcestershire sauce and 1 teaspoon paprika. *Note:* corn oil, salad oil, or peanut oil may be substituted wherever olive oil is indicated above.

VEAL MARINADE: Mix together $\frac{1}{4}$ cup each of fresh lemon juice, salad oil and soy sauce, 1 clove garlic crushed, and $\frac{1}{4}$ teaspoon coarsely ground fresh black pepper.

PORK MARINADE: Mix together 1 cup sherry wine, juice of 2 lemons, 3 cloves of crushed garlic, and 1 teaspoon grated lemon peel.

SPARERIBS MARINADE I: Mix together 1 cup orange juice, 2 tablespoons fresh lemon juice, 2 crushed cloves garlic, 1 teaspoon sugar, 1 teaspoon mild catsup, $\frac{1}{2}$ teaspoon salt, pinch fresh black pepper.

SPARERIBS MARINADE II: Mix together 1 finely chopped large onion, $\frac{3}{4}$ cup soy sauce, $\frac{1}{4}$ cup sherry wine, 1 clove garlic minced, 1 teaspoon powdered ginger, 1 tablespoon sugar, 1 tablespoon lemon juice.

SPARERIBS MARINADE III: Mix together $\frac{1}{2}$ cup soy sauce, 1 ounce bourbon or rye whiskey, 6 scallions chopped finely with tops, 1 teaspoon powdered ginger or minced ginger root (dried or fresh).

BROILER MARINADE: Mix together $\frac{1}{4}$ cup lemon juice, $\frac{1}{4}$ cup soy sauce, 1 envelope Good Seasons California French salad dressing mix, 2 teaspoons chopped parsley, $\frac{1}{2}$ cup salad oil and 4 drops Tabasco sauce.

SCAMPI MARINADE: Mix together $\frac{1}{2}$ cup olive oil, 1 finely minced clove garlic, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon freshly ground pepper, $\frac{1}{2}$ teaspoon parsley and oregano.

DUCKLING MARINADE: Mix together 2 teaspoons lemon juice, 1 teaspoon Lea & Perrins sauce, $\frac{1}{2}$ teaspoon salt, 1 large onion finely chopped, and $\frac{1}{2}$ teaspoon powdered ginger or minced ginger root.

VENISON MARINADE: Boil together for 5 minutes and cool: 2 cups red wine, 1 cup vinegar, 2 cups water, 2 bay leaves, 1 tablespoon sugar, 10 crushed peppercorns, 1 medium chopped onion, 1 sliced carrot.

BEER MARINADE: Blend 3 tablespoons sugar, 1 teaspoon powdered cloves, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika, and add enough beer to make a paste. Add $\frac{1}{2}$ cup peanut oil, blending thoroughly and 1 cup beer, 1 finely minced onion and a pinch of salt. Shake in a mason jar and use to marinate lamb, pork, beef, veal or poultry.

ROSEMARY MARINADE: Mix together $\frac{1}{4}$ cup wine vinegar, $\frac{1}{4}$ cup olive oil, 2 crushed cloves garlic, 1 minced onion, 1 teaspoon crumbled dried rosemary, $\frac{1}{4}$ teaspoon freshly ground black pepper, dash salt. *Note:* this is especially good with lamb, for marinating lamb kabobs and for grilled lamb, veal or beef kidneys.

CURRY MARINADE: Mix together $\frac{3}{4}$ cup soy sauce, $\frac{1}{2}$ teaspoon powdered ginger, 1 tablespoon (or more to taste) curry powder, and 1 crushed clove of garlic. Good for shrimp, scallops, or lamb, as both marinade and sauce.

BRANDY MARINADE: Mix together 1 crumbled bay leaf, $\frac{1}{4}$ teaspoon thyme, 1 finely chopped onion, $\frac{1}{4}$ cup olive oil, $\frac{1}{2}$ cup brandy, $\frac{1}{4}$ teaspoon each pepper, salt. Good for small game animals and for Rock Cornish hen, or turkey steaks.

SAUTERNE MARINADE: Mix together 1 cup finely chopped onion, 1

tablespoon cumin seed, 2 tablespoons brown sugar, $\frac{1}{2}$ teaspoon each rosemary, celery seed, pepper, 1 cup California Sauterne, 4 tablespoons olive oil, 3 tablespoons white wine vinegar, 1 teaspoon salt. Good for lamb kabobs.

SHRIMP A LA BROCHE MARINADE: Mix together 1 sliced clove garlic, $\frac{1}{2}$ cup Mazola corn oil, $\frac{1}{4}$ cup lemon juice, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ teaspoon salt, 1 teaspoon each dry mustard and Worcestershire sauce, dash of cayenne pepper, few drops Tabasco sauce. Good also for scallops.

KABOB MARINADE: (pictured on page 22) Mix together $\frac{1}{2}$ cup each oil and vinegar, 1 teaspoon each onion salt, dry mustard, $\frac{1}{4}$ teaspoon ground pepper, $\frac{1}{2}$ teaspoon cayenne, and a dash of Tabasco sauce to taste.

TANGY MARINADE: Mix together $\frac{2}{3}$ cup cider vinegar, $\frac{1}{3}$ cup salad oil, $\frac{1}{3}$ cup water, 1 teaspoon sugar, $1\frac{1}{2}$ teaspoons garlic salt, $\frac{1}{2}$ teaspoon paprika, $\frac{1}{4}$ teaspoon dry mustard, and a dash of pepper. Good for shrimp kabobs and for scallops.

SWEET-SOUR MARINADE: Mix together 2 cloves crushed garlic, 2 teaspoons salt, $\frac{3}{4}$ cup consommé, $\frac{3}{4}$ cup orange marmalade, $\frac{1}{4}$ teaspoon fresh ground pepper, $\frac{1}{4}$ teaspoon ginger, 3 tablespoons vinegar and $\frac{1}{4}$ cup catsup. Good for spareribs and other pork cuts.

COLA MARINADE: Soak a one-pound ham steak in 2 cups cola carbonated beverage for several hours at room temperature. Reserve one cup for BARBECUE COLA SAUCE on page 28. Good for franks, too.

SAVORY MARINADE: Beat with rotary beater or in electric blender: $\frac{1}{2}$ cup salad oil, $\frac{1}{2}$ cup Taylor New York State Rhine Wine, $\frac{1}{4}$ cup lemon or lime juice, $\frac{1}{2}$ teaspoon dried rosemary, 1 tablespoon prepared mustard, $\frac{1}{2}$ cup liquid honey, $\frac{1}{2}$ teaspoon Worcestershire and $\frac{1}{2}$ teaspoon Tabasco sauce. Good for veal and lamb.

sauces, continued on next page

marinades and SAUCES

continued

■ Tender cuts of meat, delicate fish fillets, and young birds do not require a marinade to "tenderize" them. So, you'll get that crispy crunchy golden or red or brown outside, that zesty, tangy, sweet or sour, pungent or spicy, herby or bitey flavor and savor from the sauce you use to baste your grilled or barbecued *pièce de résistance*. If the meat is so flavorsome, the fish flesh or the poultry so delicate—and you such a purist at heart, then a simple buttery basting sauce is for you. Grilling and spit roasting really do require some basting to keep the result juicy and succulent. Below you'll find 25 different kinds of sauces from which to choose—most of them simple, all of them good:

LEMON BARBECUE SAUCE: Combine and use as marinade and then for basting sauce for chicken or fish: $\frac{1}{4}$ cup each lemon juice and salad oil, 1 grated clove garlic, 1 grated small onion, $\frac{1}{2}$ teaspoon each of salt, celery salt, and black pepper, $\frac{1}{4}$ teaspoon each of dried rosemary, marjoram and thyme, crumbled very finely.

PUNGENT SAUCE: Cook together for about 15 minutes or until thick one diced onion sautéed in 1 tablespoon salad oil, $\frac{1}{2}$ cup maple-blended syrup, 1 (6-oz.) can tomato paste, $\frac{3}{4}$ cup vinegar, $\frac{1}{2}$ cup water, 1 teaspoon each of salt and paprika, 2 teaspoons each of dry mustard and Angostura aromatic bitters and $\frac{1}{2}$ teaspoon chili powder. Heat and brush liberally on South African rock lobster tails during grilling or spit roasting.

KABOB SAUCE: Cook together for about 15 minutes $\frac{1}{4}$ cup chopped onions sautéed in 2 tablespoons Mazola corn oil, 1 tablespoon each brown sugar and Worcestershire sauce, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 2 tablespoons lemon juice or vinegar, $\frac{1}{2}$ cup water and 1 cup chili sauce. Brush on frankfurter, ham or luncheon meat kabobs or on grilled ham slices.

WINE SAUCE: Mix together $\frac{3}{4}$ cup warm red table wine and $\frac{1}{4}$ cup melted butter or margarine with $\frac{1}{4}$ cup finely chopped parsley and a dash of pepper. Brush on spit-roasting turkey. (Use white wine for chicken.)

ORANGE SAUCE (shown on back cover and used on front cover spit-roasted spareribs): Mix together well 1 bottle of Chun King Sweet and Sour

Sauce, $\frac{1}{2}$ cup fresh or fresh frozen orange juice, 1 tablespoon grated or shredded orange peel. Brush on pork, veal, chicken, turkey or spareribs to give flavor and high glaze.

SAUTERNE SAUCE: Mix equal parts of California sauterne or other white table wine and melted butter, warm and season to taste with salt and pepper. Good for fish fillets.

HERB SAUCE: Mix together $\frac{1}{2}$ cup Vermouth, $\frac{1}{2}$ cup salad oil, $\frac{1}{2}$ teaspoon Worcestershire sauce, $\frac{1}{2}$ teaspoon each of salt and pepper, 1 mashed clove of garlic and $\frac{1}{2}$ teaspoon each of oregano and dried parsley. Good for hamburgers, spareribs, hot dogs, chicken or fish.

MINCEMEAT SAUCE: Mix together 1 cup of chopped onion sautéed in 4 tablespoons of butter, $1\frac{1}{3}$ cups Borden's ready-to-use None Such Mince Meat, $\frac{1}{4}$ cup catsup, $\frac{1}{2}$ cup vinegar and cook just to the boiling point. Use on ham steaks, turkey steaks, broiled chicken halves, or frankfurters.

ORIENTAL SHRIMP SAUCE: Simmer for 10 minutes together 2 tablespoons butter or margarine, $\frac{1}{2}$ cup pineapple juice, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soy sauce, $\frac{1}{4}$ teaspoon prepared mustard. This amount will baste 2 pounds of jumbo shrimps or 1 cut-up 3-pound ready-to-cook Delmarva chicken to serve 4.

SHERRY SESAME BUTTER: Mix together and heat to the boiling point 2 teaspoons sesame seeds browned in 1 tablespoon melted butter or margarine, 1 tablespoon each of California Sherry wine and fresh lemon juice, and 3 more tablespoons of butter. Good for barbecuing brook trout (6 trout) on page 65.

HERB STEAK SAUCE: Mix together 1 clove crushed garlic (optional), 1 cup olive or salad oil, 1 cup California burgundy or other red table wine, 3 or 4 sprigs each of fresh rosemary and oregano, finely snipped. To use as a marinade as well as a basting sauce, make double the recipe.

STEAK SAUCE ANGOSTURA: Mix together 1 stick ($\frac{1}{4}$ pound) melted butter or margarine, $\frac{1}{4}$ cup minced onion, $\frac{1}{2}$ teaspoon each of salt, pepper, Angostura aromatic bitters.

OLIVE MUSHROOM SAUCE: Mix together $\frac{3}{4}$ cup olive oil, $\frac{1}{4}$ cup wine vinegar, 1 clove chopped garlic, $\frac{1}{2}$ cup sliced mushrooms, $\frac{1}{4}$ cup chopped pimento-stuffed green olives, $\frac{1}{2}$ teaspoon crushed rosemary, salt and pepper to taste. Use for spareribs on grill, pork steak, or spit-broiled chicken.

TEXAS BARBECUE SAUCE: Mix with 2 cups of boiling water $\frac{1}{2}$ teaspoon black pepper, 4 tablespoons brown sugar, 1 teaspoon garlic salt or 2 finely chopped cloves of garlic, 2 teaspoons salt, 1 cup cider vinegar, $\frac{1}{2}$ bottle (5-oz.) Worcestershire sauce, juice of 4 lemons, 4 tablespoons butter and bring to boil, simmering for a few minutes. Makes 1 quart for all beef barbecuing (omit butter when barbecuing pork), and may be stored in refrigerator for a week or more.

ROSE BUTTER SAUCE: Mix together and heat $\frac{1}{3}$ cup melted butter or margarine, 2 tablespoons lemon juice, $\frac{1}{8}$ cup California rosé wine and a dash of Tabasco sauce. Use to brush spit-roasted chickens.

ZIPPY OLIVE SAUCE: Combine and heat thoroughly 1 (8-oz.) can tomato sauce, $\frac{1}{4}$ cup chopped pimento-stuffed green olives, $\frac{1}{4}$ cup vinegar, 2 tablespoons sugar, 1 teaspoon each of grated onion, prepared horseradish, and Worcestershire sauce, salt, pepper, and a dash of Tabasco sauce. Serve with grilled meats, fish fillets and steaks, or poultry or use as a basting sauce during cooking.

SNAPPY SAUCE: Heat together to boiling point and simmer for 10 minutes, stirring— $\frac{1}{3}$ cup Crisco, 1 bottle (14 oz.) catsup, 1 teaspoon each brown sugar, onion salt, prepared mustard, $\frac{1}{2}$ teaspoon garlic salt, 1 tablespoon Worcestershire sauce, 2 tablespoons vinegar. Makes $1\frac{1}{2}$ cups for frankfurters, steak or chicken.

HOT GEORGIA SAUCE: Heat together to boiling point— $\frac{1}{2}$ cup fresh lemon juice, $\frac{1}{3}$ cup cider vinegar, $\frac{1}{4}$ cup tomato catsup, $\frac{1}{4}$ cup water, 1 teaspoon each salt, dry mustard, paprika, red hot sauce, $\frac{1}{2}$ teaspoon each onion powder, ground red pepper, ground black pepper, $\frac{1}{8}$ teaspoon garlic powder, 1 tablespoon brown sugar and 2 tablespoons butter or margarine. Use for chicken, pork, veal, beef, lamb or ready-to-heat frozen fish sticks.

ITALIAN SAUCE: Blend in a saucepan, bring to a boil, cover and simmer together for about 20 minutes: 2 packages Lawry's Spaghetti Sauce Mix, 3 cups water, 2 cans tomato sauce, 3 tablespoons brown sugar, 2 tablespoons vinegar, $\frac{1}{2}$ tablespoon chili powder, $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon liquid smoke (optional), 1 teaspoon Worcestershire sauce. Use for spareribs, chicken, turkey, rabbit, fish, skewered lamb.

SPECIAL CHICKEN SAUCE: Mix together $\frac{1}{2}$ cup cooking oil, 1 cup cider vinegar, 5 teaspoons salt, $\frac{1}{4}$ teaspoon pepper, $1\frac{1}{2}$ teaspoons poultry seasoning, 1 well-beaten egg to baste and coat 5 servings of ready-to-cook broilers.

CHICK-N-QUE SAUCE: Heat in a saucepan $\frac{1}{2}$ cup Mazola corn oil, $\frac{3}{4}$ cup lemon juice or cider vinegar, $\frac{1}{4}$ cup water, $1\frac{1}{2}$ tablespoons salt, 3 tablespoons sugar, $1\frac{1}{2}$ teaspoons Tabasco sauce to baste 3 broilers.

COLA SAUCE: Mix together $\frac{1}{4}$ cup brown sugar and $1\frac{1}{2}$ tablespoons cornstarch with enough cola beverage to make a paste; add $1\frac{1}{4}$ cups more cola, 1 teaspoon vinegar, $\frac{1}{2}$ teaspoon prepared mustard, 4 whole cloves, 1 stick cinnamon and cook for 10 minutes. Remove cloves and cinnamon stick, stir in 1 tablespoon butter or margarine. Baste, and serve with grilled ham, spareribs, chicken, duck.

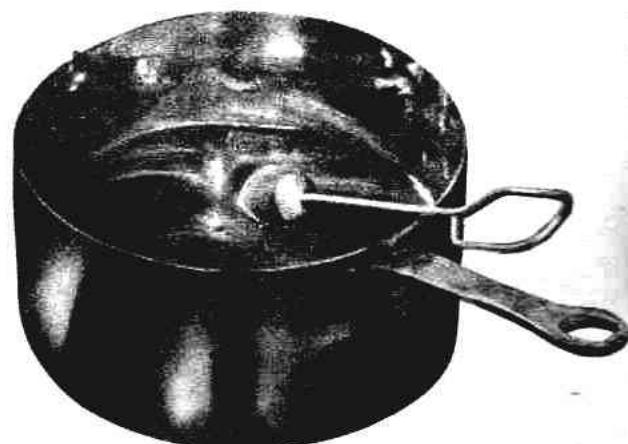
CHINESE SAUCE: Mix together 1 cup soy sauce, 3 cloves garlic finely chopped, 1 teaspoon powdered ginger or 1 tablespoon slivered fresh ginger root, and $\frac{1}{2}$ cup sherry. Use to marinate and baste shrimp, scallops, pork.

PINEAPPLE SWEET AND SOUR SAUCE: Cook together $\frac{3}{4}$ cup sugar, 1 cup crushed pineapple, $\frac{1}{2}$ cup Sherry wine, 2 tablespoons soy sauce, 6 green scallions, $\frac{1}{2}$ cup vinegar. Bring to boil. Use as glaze-baste for pork, duck, veal, venison, poultry.

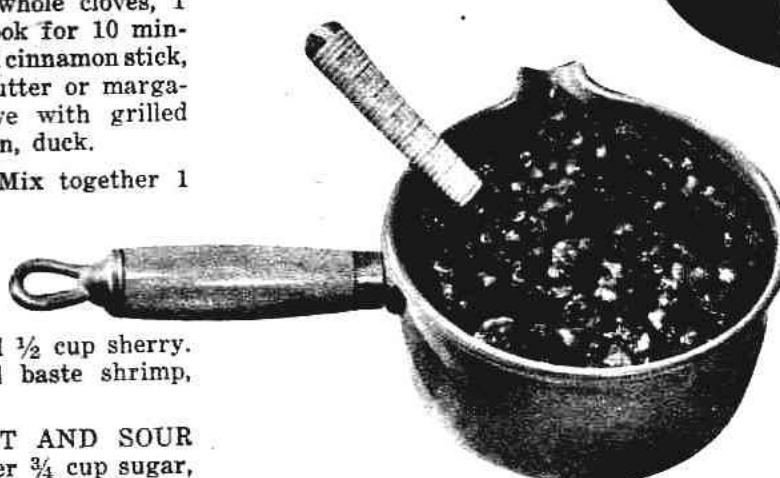
MEXICAN SAUCE: Simmer for 10 minutes 1 cup olive oil, $\frac{1}{2}$ cup wine vinegar, 3 tablespoons finely chopped onions, 1 finely chopped green pepper, 3 chopped fresh tomatoes, 1 teaspoon oregano, 1 tablespoon chili powder, 3 crushed cloves of garlic, 1 tablespoon salt, 4 peppercorns cracked, juice of 1 lemon. Strain or use as is to baste fish, chicken, meats.



hot georgia barbecue sauce has a real "bite" on the distinctly peppery side—wonderful with veal, pork, small broilers or a strictly u.s.a. skewered kabob of lamb



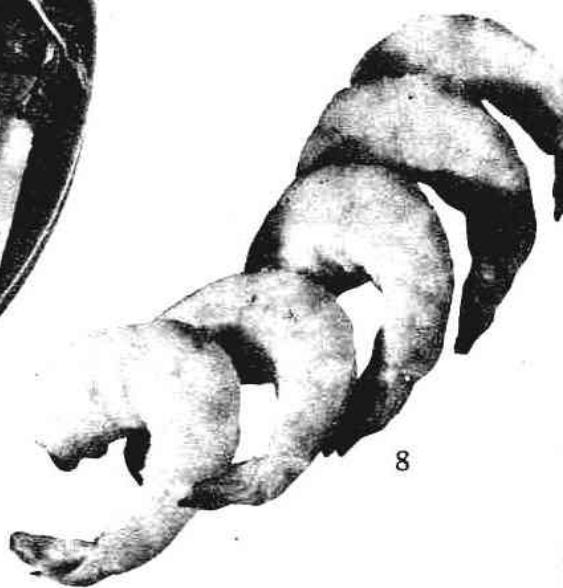
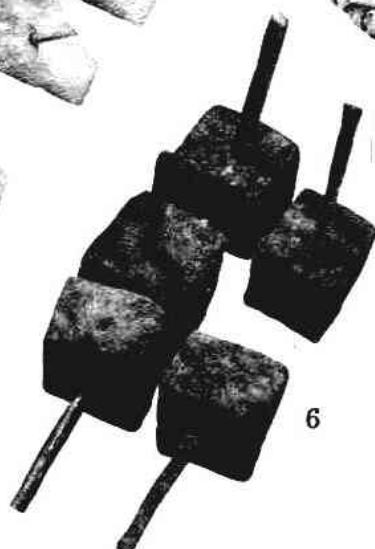
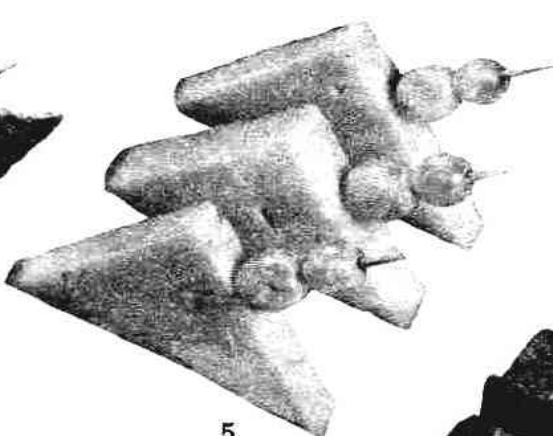
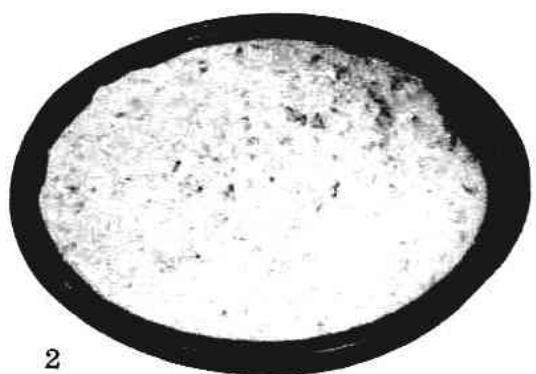
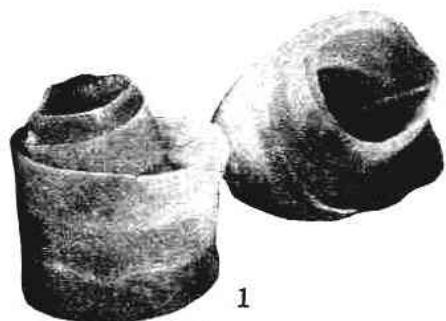
a kabob sauce simply made of corn oil, chili sauce and brown sugar plus a few seasonings is whipped up in a minute and serves to baste hot dogs and hamburgers as well



a robust mincemeat sauce with onions and catsup combined for fragrant aroma on the grill is the perfect complement to ham steaks, turkey steaks and pork spareribs



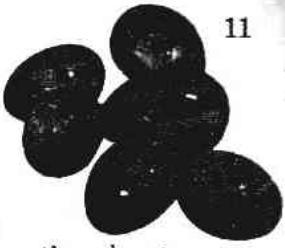
zippy olive sauce has tobasco, horseradish, onion and pimiento stuffed green olives among its zippier ingredients for a "different" kind of barbecue sauce on poultry



3



11



Appetizers are a *must* when you entertain outdoors—and they should be plentiful. Fresh air and tantalizing aromas from the barbecue give a double edge to appetites, and if you would keep guests from "sampling" the grill goodies before foods are ready to serve, then keep them busy with hors d'oeuvres and pre-feast beverages. (See "Beverages" on pages 70-71.) Besides, outdoor cooking cannot, and should not, be a stopwatch affair. Variables of wind, temperature, fuels and foods can prolong cooking and make guests restive. Do not be afraid of spoiling appetites—you'll find, if you haven't already, that eyes are really much bigger than stomachs at *any* cookout. But do plan suitable, un-fussy (no little ribbon sandwiches to curl in the sun), and easily served nibbles. Let them be "finger foods" whenever possible to eliminate extra forks, knives and plates. To save steps and leave you free to keep an eye on the cookery, arrange many small bowls and servers for a large group to help themselves, rather than one huge spectacular tray that must be constantly passed. Use disposable toothpicks or little bamboo or wood skewers for foods not easily eaten with the fingers. And, if you've a small portable grill in addition to your main equipment, or a little Oriental *hibachi*, set this

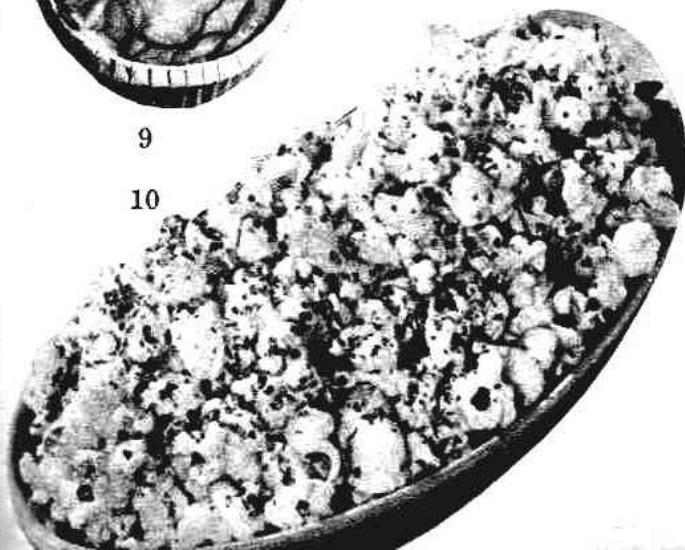
NIBBLES

while you wait

9



10



up for guests to toast their own individual hot appetizers. Photographed on these pages you see representative "nibbles while you wait"—all suited to outdoor eating: 1) crisp carrot curls to serve in a "rabbit bowl" of raw vegetables; 2) one of the many cream cheese "dunks" to be scooped up with potato chips or crackers; 3) miniature "Dagwoods" with stacked ham, lettuce, Swiss cheese and pretzels for Coca Cola sippers; 4) frozen egg rolls skewer-toasted to crispness; 5) Cheddar wedges speared with green grapes; 6) luncheon meat cubes impaled on pretzel sticks; 7) a pretty arrangement of cheese and vegetables on a medium-size serving platter; 8) just cold boiled shrimp to dunk in barbecue sauce; 9) and oysters served in paper cups with horseradish sauce; 10) barbecued popcorn popped over the coals in a wire basket with melted butter and sprinklings of curry or oregano; and, of course, that good old standby, 11) the green olive. For more outdoor appetizer ideas, please turn the page.



NIBBLES WHILE YOU WAIT *continued*

rabbit bowl ideas

raw scallions
raw carrot sticks, curls
celery hearts, sticks, curls
endive leaves
watercress sprigs
green pepper rings, spears
radish rosebuds, fans
whole cherry tomatoes
whole plum tomatoes
raw broccoli spears
raw cauliflowerettes
cucumber spears
Chinese cabbage leaves
raw fresh mushrooms
thick red onion rings
thick Bermuda onion rings
Spanish onion slices
little yellow tomatoes, whole
fresh young spinach leaves
raw sweet potato sticks
baby raw Brussels sprouts
young raw asparagus tips
halved white radishes
turnip rounds, sticks
bibb lettuce
field salad
romaine
chicory
iceberg lettuce
Boston lettuce
dandelion greens
young raw peas, whole
finocchio rounds, slices
green olives
ripe olives
pimiento-stuffed olives

toothpick goodies

rolled anchovy, onion slice
cubed Cheddar, stuffed olive
toasted bacon-wrapped oyster
toasted bacon-wrapped olive
toasted bacon-wrapped shrimp
toasted bacon-wrapped mushroom
salami-wrapped gherkin
Lebanon-bologna-wrapped pickle
ham-wrapped sharp cheese cube
pimiento-cheese-stuffed carrot curl
Cheddar wedge with green grapes
broiled bacon-wrapped bay scallop
dried-beef-wrapped Swiss cheese
broiled bacon-wrapped chicken liver
pineapple cube and chicken slice
smoked fish (mackerel, whiting)
rolled Swiss cheese, smoked salmon
cocktail frankfurters
cocktail sausages
anchovy-wrapped sharp cheese cube
hot codfish balls
toasted small Chinese egg rolls
toasted cheese balls
ham-wrapped marinated asparagus
bite-size meatballs
apple and Edam cheese chunks
broiled bacon-wrapped water chestnuts
parsley-dusted cream cheese balls
stuffed cooked mushrooms
marinated or pickled mushrooms
bologna-wrapped Muenster cheese
rolled ham with anchovy butter
rolled ham with Bleu cheese spread
broiled bacon-wrapped hot dog pieces
cooked marinated cauliflowerettes
pineapple chunk, Cheddar cube

dips and dunks

sour cream and red caviar
sour cream, cream cheese, chives
softened chive cheese, minced clams
cottage cheese, minced scallions
sour cream, onion soup mix
sour cream, chopped ripe olives
softened cream cheese, Roquefort
blended avocado, onion, mayonnaise
blended cottage cheese, barbecue sauce
whipped Bleu and cream cheese, sauterne
chili sauce and anchovy paste
softened cream cheese, curry, olives
tomato sauce, cream cheese, onion
cottage cheese, horseradish, avocado
sour cream, canned beets, onion juice
pickle relish, cottage cheese, catsup
mayonnaise, Bleu cheese, chili sauce
chopped nuts, minced onion, sour cream
deviled ham, sour cream, chopped chives
bacon crumbles, parsley, onion, sour cream
blended liverwurst, mayonnaise, onion
cream cheese, shrimp cocktail sauce
ground ham, sweet pickle, sour cream
crushed pineapple, sour cream, minced ham
whipped sour cream, anchovy paste
sour cream, bacon crumbles, horseradish
chopped pimiento, sour cream, onion juice
chopped smoked oysters, sour cream
any salad dressing mix, sour cream
instant spaghetti sauce, sour cream
softened cream cheese, chutney, curry
strained baby food liver, onion, sour cream
caviar, onion juice, chopped egg, sour cream
clam juice, cream cheese, chives, parsley
crabmeat, parsley, mayonnaise, mustard
shredded carrot, sour cream, tarragon



bases and dunkers

wheat crackers
cheese crackers
rye crackers
potato crackers
triscuits
saltines
butterthins
soda crackers
rusk
melba toast
melba rounds
rye toast
party rye slices
pumpernickel slices
wheat toast triangles
cheese toast fingers
potato chips
celery
carrot sticks
pretzels
fritos
garlic toast
toasted French bread
large raw mushroom slices
cheese straws
toasted hot dog roll slices
rye krisp
cucumber spears, skin on
toasted finger rolls
sliced brown bread
corn sticks
sliced date-nut bread
toasted raisin bread
breadsticks
salt sticks
zwieback





FIREWORKS

FOR
MEN
ONLY

Basic equipment

HOW TO CHOOSE: The rage for cooking outdoors has skyrocketed the barbecue equipment manufacturing boys into the big business league and competition is keen to dazzle the eye and loosen the purse-strings of the consumer. Before you dash off with visions of charcoal-broiled steaks dancing in your head, consider your needs, and study the types of grills, electric spit barbecues, smokers, grates, broilers, ad infinitum, that are available. Where, for instance, will you use it and where can you store it when it's not in use? If you prefer and have the room for it, where will you locate it and what materials will you use for a fixed, stationary barbecue? If you're a city cliff-dweller, consider a portable one small enough to load in the car for outdoor barbecues in the country. If your outdoor quarters are cramped, a smoke hood's a good idea. Who's going to have to lug it indoors and out? Wheels are mighty nice. Can you afford a motor-driven spit or is there a Cub Scout in the family who'd just love to be a lackey and do it by hand? How big must it be? This depends on the size of your family and the amount and scale of entertaining you do. Where are your outlets for plugging electrified outdoor appliances? Order a good long cord, if need be. Last question—how should it look? Consider your landscaping or decorative scheme. No matter what kind you finally choose—big or little, simple or grand—you'll still have the excitement of cooking outdoors and the enjoyment of eating delicious grilled foods, cooked over hot coals. So read on, think, and take your choice.

Portables can be as tiny as a quart-size hibachi

or almost as big as your grandmother's upright piano (be sure you've got a Paul Bunyan on hand to push this one).

HIBACHIS are really Oriental charcoal broilers made of cast iron or lightweight aluminum and most often handsomely and decoratively designed for use indoors, on patios or terraces and outdoors. They vary in size from tiny ones just big enough to grill a few eggrolls or cocktail sausages, to giant ones that will hold about 4 medium-size steaks. They have adjustable grills, a tiny draft door to regulate the heat, and a grate for charcoal with an ashpan underneath.

BUCKET BROILERS are lightweight canister-type, eminently toteable and great for picnics. The least expensive of all barbecue equipment, they have a bucket handle for carrying, a removable grill and an inner can to hold charcoal, with vents for draft at bottom. These are especially fun for the kiddies and they come attractively decorated on the outside in bakeproof enamel colors, plaids, or picnic designs.

VERTICAL BROILERS may be set up on open ground and are constructed this way: two metal side boxes hold charcoal and heat and a hinged broiler hangs from cross braces vertically so that meat is cooked from both sides at once and fat drips to the ground or juices may be easily caught in a pan set under the grilling foods. Compact, this is a perfect picnic grill.

ROUND GRILLS look rather like ancient braziers on tripods. Adjustable grills and wheels and half-hoods or none are the basic round grill accessories. Many come with electric spits or may be converted with this separate attachment (as can



While fire-starting genius is not exclusively limited to the male of the species, building a good bed of coals for a barbecue is the job HE likes best. Just so you can kibitz—or so he can refresh his eminent know-how before the first cookout of the season—here's a summary of the latest as well as the tried-and-true methods of fire-building. On these pages, take your choice of equipment and tools; on the next two pages, read the rundown on fires and fuels.

almost any larger barbecue). An ultra-modern version of the round grill features a giant snug lid with a vent to regulate the draft in the top.

RECTANGULAR MODELS come in various finishes from matt-black, bake-proof paint on aluminum or steel to brass, copper and chrome. They may be simple and large enough to hold half a dozen good-sized steaks, or they may be super-engineered with smoke hoods, reflector plates between fire and grill to equalize heat, motor-driven spits (one or more), cutting boards, warming ovens, towel and tool holders, adjustable grills and fireboxes, doors for fire-tending from below, and on and on—you name it.

FIXED BARBECUE PITS are rapidly becoming old-fashioned, but they, too, can be modernized with the various electric spit attachments, adjustable grills, smoke hoods, etc.—and they will, of course, produce just as succulent steaks and chops as any other attachment.

Basic tools

Once your friends learn you've taken up barbecuing as a way of eating and entertaining, you'll find yourself gifted with many a gadget. Some are useful and you'll want to keep and use them. Others—well, you'd be smart to keep your barbecue gear simple and functional and the scene as free of clutter as possible. Here is a list of musts, and a few of the nice-to-haves, but not-actually-necessaries for producing good food.

TONGS, FORKS, SKEWERS come in handsome sets and can be quite expensive. It is wise to buy a good durable set of sturdy construction, rust-proof, and with some kind of insulated handles.

You do not need to go overboard and buy something with imported hand-carved handles, but you should avoid the shoddy, one-season variety which will not last the summer. Be sure to buy them long enough as we have constantly reminded you in these pages—to avoid burn-accidents and to allow greater freedom at the grill.

CUTLERY should be of the best steel you can find and sharpened to hair-splitting fineness. You can get by with one fine slicing knife to handle carving and slicing, but one of each would be nice. In addition, a good chopping knife and a small paring-boning knife with an extra-sharp point are good.

CHOPPING BLOCK or a giant carving board is a good investment and you will find that you can also serve nicely from the board, as well as use it for cutting.

REFUSE CAN for the myriad scraps, refuse, napkins, paper cups and plates will make life easier for the man-at-the-grill as well as the hostess, during and after the party.

HINGED GRILL is handy for broiling fall-through-the-grate items like hot dogs, bananas, fish, or liver. The double grill holds things like fish securely and allows you to turn the whole arrangement without breaking up the tender-fleshed-fish.

BASTING BRUSH can be as simple as a good paintbrush that may be cleaned in hot sudsy water afterwards, but a wide pastry-brush (with the longest handle possible) will solve the swabbing problem as well.

The Fires

CAMP OR BEACH FIRES may be constructed in various ways according to old scout lore. The simple, basic type is: form a "V" with two logs with the open end facing the wind. Cross this arrangement with a third log to form an "A." Lay tinder (twigs and crumpled paper, straw, leaves, dried grass or whatever) under the cross log and place kindling against the cross log (as a prop) over the tinder. Larger logs or pieces of wood are laid over the kindling with space between for draft ventilation. Light from underneath (and always keep your back to the wind).

For quick cooking, the tepee fire is just what it sounds like with logs arranged in tent-fashion (spaces between for ventilation). First, arrange tinder on ground, loosely. Place kindling tepee-fashion above this, and outside of this inner "tent," the larger wood, also in tepee arrangement. Light from below, (with your back to the wind) and add wood, tepee style, as needed.

A trench fire is the most economical, for it conserves fuel and holds concentrated heat. Dig a narrow trench and lay either the simple basic fire or the tepee fire in it. When this fire has burned to coals, green logs may be used as cross pieces to support cooking pots.

The hunter's fire is a good one for rocky country and similar to the trench fire, except that it is built up—with stones—instead of dug in. Lay flat stones (never use wet ones or shale ones, since there is danger of their exploding under quick heat) in parallel rows in the direction of the wind. Between the rows build a basic or tepee fire.

The bean hole or clambake fire is built by first digging a hole three times as deep as the pot or barrel to be sunk. Line it with flat stones (dry ones). Build a basic or tepee fire in it and let it burn for several hours down to the glowing coals. Remove some of the embers and reserve. Lower the food container and pack around it the reserved coals. Cover with a damp burlap bag or a tarpaulin and cover with more coals. Cover these with earth, and wait 3-4 hours to open.

CHARCOAL FIRES are the mainstay of the backyard barbecueurs (and good for picnics or cookouts as well), and charcoal-broiled foods are man's favorite. Good fires are simple to make and with the various fuel starters available commercially, they are as easy as lighting a match. Line your firebox with aluminum foil, gravel, or sand (a layer of foil under the sand or gravel makes cleaning up easier) for greater heat distribution. Lay charcoal or charcoal briquets in pyramid fashion 6x12 inches and simply apply whichever starter fuel you choose (read the directions carefully) to light the fire. You are ready to start your barbecue when the charcoal is covered with a light gray ash. If you are cooking something which takes a short time, simply tap the charcoal to remove the ash (for greater heat) and cook away. For long-time cooking, add more charcoal (which you have been warming up at one side of the firebox—never put cold charcoal on the fire). Build a shallow fire for charcoal broiling. A deeper bed is necessary for spit roasting, and when you are using the electric spit, build your fire toward the back of the firebox where it is needed. No need to spread it all over. Always keep a reserve of hot charcoal around edge or in front to add as the cooking time draws out. Use only part of the firebox if you are cooking small items. If you are using the entire grill, rake your beginning pyramid over entire box; then wait for the ash to appear all over the charcoal again before putting food on. Add more charcoal as needed, but do not disturb coals any more than is necessary.

The gypsy method or ring-of-fire way is a good one to conserve coals. You simply place the live coals in an oval, with the spitted poultry, roast, ribs or whatever is being spit-barbecued centered above it. Always add charcoal around edges of fire, never on top. Avoid flare-ups by sprinkling lightly with a laundry sprinkler or a wet whisk broom—but don't soak the coals and put the fire out or slow it down. Use just enough water to douse the flames lightly. At home or off on a picnic, you may dunk hot coals in water to put them

out and then dry them to use for another time. To put out your fire, it is preferable to separate and scatter coals over the firebed and let them die down. Then build your subsequent fires on this bed of partially burned coals and ashes.

THE FUELS are basically natural ones and charcoal. For campfires, you will have a wide selection: tinder can be pine cones, dried weeds, birch, elm or cedar bark. Avoid grass and pine needles because they tend to go out. Kindling is dried twigs and small branches, the thickness of a finger. Use the lightweight woods or softwoods for quicker ignition. Softwoods are pine, spruce, cedar, aspen, basswood and birch. Hardwoods are the material and mainstay of your fire to sustain coals. Choose oak, ash, hickory, apple, walnut, cherry, yellow birch and maple, or any wood that feels heavy in your hand for its size. Avoid wood that is crumbly and rotten (no heat here) and woods with pithy centers.

Charcoal in briquet form is compact and tidy and nice to work with at the home barbecue. Loose charcoal from your local dealer is also suitable and for small hibachi-cooking, smaller chunks are easier to work with. Many of the charcoal manufacturers are packaging briquets in boxes with built-in starters—just a match to the corner or in a hole and off the whole business goes, burning box and all, the while starting the fire in fine shape. The cartons are molded pulp and clean and neat to handle—especially good for lady-like fires being built by the more fastidious girls in the family. It's also fine for the man of the house who comes home late from work and doesn't wish to fuss. He simply touches a match to the ignition spot or tab and for twenty minutes he's free to relax, have a drink and mingle with the guests. After that, he should spread the evenly-burning briquets about half an inch apart. Most packages contain enough hardwood charcoal briquets to provide about an hour and a half's cooking time—more than enough to charcoal-broil two six-pound steaks, for instance. One ingenious trick, if you don't have these is to save your molded pulp egg cartons and fill them with briquets. Then just pour charcoal start-

er over them, and light.

Among the starter fuels on the market are little compressed tablets, charcoal liquid lighters, an electric ring-type starter, and a semi-liquid in a tube. All of these are fine and do away with the old tinder, paper, kindling fuss. A quick-start idea works this way: put half a dozen briquets in a 2 pound coffee can. Add about a pint of charcoal liquid lighter. Cover tightly. Soak 15 to 20 minutes. With tongs, mound the soaked charcoal in the firebox, add half a dozen more briquets and touch a match to this.

Other interesting and fragrant tricks for your home charcoal barbecue feast are the woods with the outdoory flavors to add to it. You can have pressed sawdust and chips of hickory, mahogany, oak, hard maple, bay, mesquite, fruitwoods (apple and lemon, for instance). You may soak hickory chips in water or dampen hickory sawdust. Let fire burn down to a low, even heat. Then add the damp hickory chips or sawdust. Put food over this to cook and if you have a smoke hood on your equipment, close it tightly. The flavor will delight you and all those who eat the results. A few damp hickory or fruitwood chips tossed over the coals at the end of the cooking time will do a quick smoke job and the aroma will be delicious just before serving although the meat or food being cooked will not have the flavor permeating the entire dish. There is also liquid smoke or crystal smoke to sprinkle over barbecued dishes as you cook it or to add to sauces for barbecuing—the flavor is good and not synthetic tasting at all, but it's still not quite the real thing.

When to start the fire depends on how deep a bed of coals you need for the food to be cooked. The fuel you use is another factor in timing the operation. You may take anywhere from 30 minutes to five hours to bring your fire to cooking point. For instance, if you use charcoal or charcoal briquets, and you need only a shallow bed for grilling steak or chops, you may be ready for the food on the grill in a half hour or less. A deeper bed for campfire roasting may take half a day. Practice alone can make you an expert at timing.

for better BARBECUES

100 CUES

- 1 Never let last week's rib drippings greet this week's sirloin. Use steel wool to clean up.
- 2 Try a laundry sprinkler or wet whisk broom to douse fat-fire flare-ups, keep flames down.
- 3 When meat won't balance on a spit, spare it the pincushion look by counterweighting—with a fishing sinker or bolts.
- 4 Use tongs or a pair of pancake turners to flip chops and steaks—saves juice-wasting.
- 5 Always grease grill liberally before putting food on. Use a homemade swab (cheesecloth tied on a stick) or paint brush.
- 6 Use foil to wrap vegetables for ash-roasting and keep outsides from charring in coals.
- 7 Place foil under fish to keep delicate fillets intact during grilling; under slip-through-the-grate things like banana chunks.
- 8 Keep hot appetizers hot by sinking their containers in bowls of heated rock salt; keep cold foods cold with cracked ice.
- 9 Sew drapery weights at corners of picnic tablecloths to anchor them against breezes.
- 10 Never stop a rotisserie or revolving spit while food is cooking; keep it turning evenly until ready to remove foods.
- 11 Make a drip-juice-or-sauce-catcher with aluminum foil under grilling foods.
- 12 Use a meat thermometer to insure correct doneness; don't let it touch bone, fat or rods.
- 13 Keep basting sauces hot on the grill and never brush hot foods with cold sauce.
- 14 Resist the temptation to put food on grill before charcoal has turned gray.
- 15 Have plenty of snacks and appetizers to feed guests while main course is cooking.
- 16 If you use a starter fuel, avoid odorous ones and keep them away from grill or spit.
- 17 Always have meats at room temperature; remove large cuts from refrigerator at least an hour before cooking.
- 18 Line your firebox with sand or foil to save fuel and toil in cleaning up later.
- 19 Don't mound fuel, but arrange an even firebed to get an even all-over heat.
- 20 Save fingers and avoid burns by using tools with extra-long insulated handles.
- 21 Wrap thermometer in foil to keep from blackening; open to check; then re-wrap.
- 22 Try new-to-you barbecue ideas on your family first and spare guests the trial runs.
- 23 Slash fat on steak and chop cuts to prevent meat from curling or humping up.
- 24 Wrap coffee pot base in foil to keep it from smudging, make cleaning easy.
- 25 Provide guests with ample "bibs" for messy finger-food eating (lobster, ribs, etc.)
- 26 Plan buffet menus so the guests need balance but one dish or plate at a time.
- 27 Plan for lighting up when the sun goes down—hurricane lamps, patio lights, etc.
- 28 Use paper plates for salads and cold foods; serve hot meats that need knife work on sturdier plates.
- 29 Cover the chef at the grill with splatter-resistant coverall apron. (see p. 46.)
- 30 Brew stronger coffee for outdoor drinking—coffee tastes weaker outside.
- 31 Avoid serving desserts that demand instant eating—soufflés don't belong.
- 32 Use hardwoods for fire cookery—resinous ones may flavor foods offensively.
- 33 Always leave a layer or two of husk on roasting corn (the silk will dry up).
- 34 Have extra-sharp carving tools to avoid delay in serving meat or fowl.
- 35 Warm serving plates for all hot foods since everything cools quickly outdoors.
- 36 Give guests heavy paper napkins or paper towels to mop drips, and greasy fingers.
- 37 Pass fingertip terry towels wrung out in hot water to wipe faces after feasting.
- 38 Keep French bread or rolls wrapped in foil to toast at the back of the grill.
- 39 Try bamboo skewers to grill small kabobs. The green wood resists charring.
- 40 Leave the fire alone once it's properly started and food is cooking; resist poking.
- 41 Set up a "baby" barbecue or small grill for kids if you don't want them at your grill.
- 42 Remember to have steaks, chops, burgers thick—grilling is not for thin cuts.
- 43 Add fuel to your fire only when it is actually slackening, not during cooking.
- 44 Don't drown naturally fine-flavored foods in overpoweringly seasoned sauces.
- 45 Remember, outdoor cooking is "dry" cooking; always lard or oil-baste lean flesh.
- 46 Carve thick steaks in thin, diagonal slices—not in chunks or irregular pieces.
- 47 Sear all red meats to seal in juices, retain moisture and keep flesh succulent.
- 48 Tie birds for spit barbecuing securely with strong butcher's cord that won't char.
- 49 When meat is done, use heatproof mitts to lift entire spit; then remove meat.
- 50 Since meat continues to cook internally, remove from heat before thermometer actually reads rare or medium.
- 51 For best hamburgers, make them thick, form patties quickly, and handle meat as little as possible.
- 52 Keep hamburgers really rare by pressing two thin ones together with chips of ice between; sear quickly on both sides and brush with butter.

53 Turkey or other birds are done when juices from fork piercing are clear, not pink.

54 Use a hinged broiler to enclose fish and prevent its breaking during turning.

55 Do not overcook shrimp, scallops, lobster—they are done when flesh is opaque.

56 Cut cooking time of grilled foods by wrapping them in foil to cook.

57 Fish is cooked enough when flesh is opaque and separates freely if fork tested.

58 When budgets won't budge, buy tougher, cheaper meats and season with meat tenderizer to grill.

59 Eat more—for less money by buying larger cuts of meat and butchering them yourself; freeze unused portions.

60 Prevent juice losses by speeding thawing of frozen meats with an electric fan.

61 Invest in a pair of heavy asbestos mitts for fire-building and grill changing.

62 Let the grilled or barbecue- cued entré be the star of your feast; don't upstage it with spectacular salads or side dishes.

63 Organize and plan ahead: have all equipment handy, ingredients within easy reach.

64 Dip each slice in some of its hot sauce before serving freshly carved meats.

65 Have enough; err with too much rather than too little—with sauce especially which can be frozen if left over.

66 Use extra-long skewers for kabobs and their cousins, to regulate heat positioning.

67 Choose foods that take the same length of time to cook when you arrange kabobs.

68 Save time and work by letting the butcher cube, cut ribs, truss, bone, and roll.

69 Carve properly: steaks with the grain; roasts across, as a general rule.

70 Allow large roasts to "rest" for 20 minutes before carving—makes it easier.

71 Cut just enough to serve the first round; keep meat warm and cut seconds as needed.

72 Season with only fresh herbs and spices which have been stored away from heat, light and dampness.

73 Use a light hand with herbs; the flavor should be subtle, not shrieking.

74 Use a good wine when marinating or basting, preferably the same you drink with your meal. There is no such thing as "cooking" wine.

75 Cover old lamp shades (stripped to the frame) with muslin or cheesecloth to use as food protectors outdoors.

76 Remember barbecue dishes are thirst-making, so have plenty of beverages on tap.

77 Have enough chairs, benches, or other seats to make guests comfortable.

78 Keep accessories, tablecloths, napkins, dishes, etc. bright and gaily colored.

79 Sew tape loops or rings on barbecue aprons to hold tools—and big pockets for mitts.

80 Clean all tools after each barbecue; never let grease and carbon accumulate.

81 For large, impatient crowds, cook many frankfurters at once in a corn popper.

82 Know which have been turned by placing chops with bone sides facing one way.

83 Don't be flustered by kibitzers. Take a stand on turning steaks once or often, salting before, during or after. There are authorities to defend both sides of these questions.

84 Keep an emergency first aid kit handy at all cook-outs (see safety tips, page 50).

85 Spray DDT or other insecticide at least 20 minutes before you put food on grill.

86 Invest in or improvise covers to keep hot dishes hot—buns, rolls, breads, vegetables and the main meat or fish course when it's done.

87 Arrange snacks or appetizers in several small bowls or on small serving dishes spotted among guests rather than on a giant platter—saves hopping, passing, and bobbing.

88 Tote supplies to and from kitchen on large light-weight trays to cut down on steps and save extra trips.

89 Never put out a fire by water dousing (it's bad for the firebox). Scatter coals instead, or cover with sand.

90 Have a special closed or covered trash can or barrel for barbecue scraps, refuse, paper plates, napkins, cups.

91 Order beef 2 to 3 weeks ahead to insure proper aging for flavor and tenderness.

92 Break away from the vinegar-tomato-pepper tradition and try other sauces. (p. 28.)

93 Have a hardwood carving board for grilled or spitted meats and on-the-spot preparation of burgers, shish kabob, etc.

94 Get out of the steak-dog-burger rut and try different meat cuts, poultry, seafood.

95 Rule out "too many cooks" and appoint just one chef to mastermind the grill.

96 Stick to essential tools and keep the clutter of cute "gadgets" off the scene.

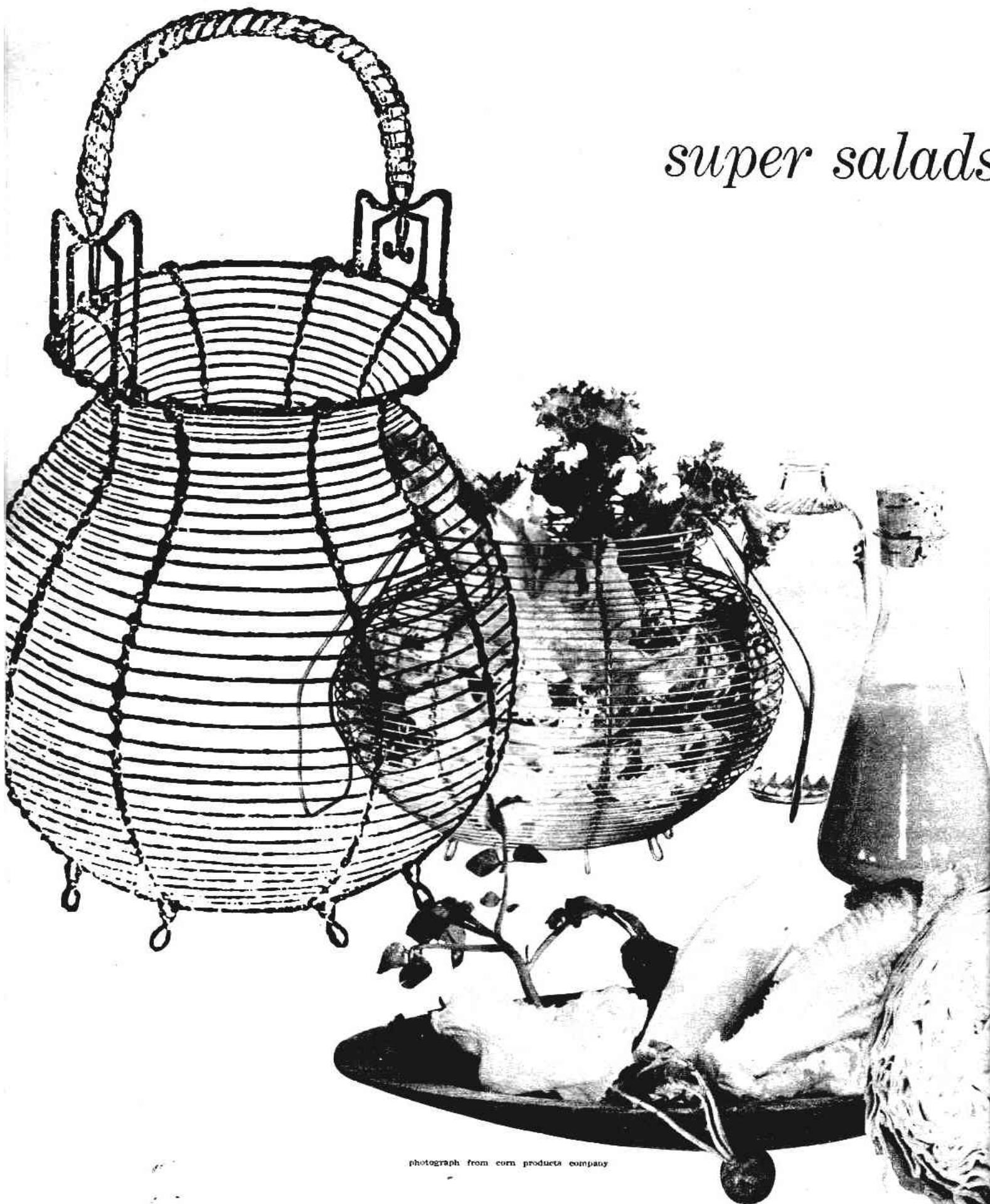
97 Keep fires near front of grill for entré cooking; heat coffee, rolls, corn at back.

98 Use only freshly ground pepper and try coarse ground salt for basic seasoning of grilled meats, fish, poultry.

99 Provide sand-filled bowls for cigarette butting, particularly in breezy atmospheres.

100 Relax and resign yourself to leisurely, off-schedule and somewhat messy eating. A barbecue is no place for fastidious prima donnas—don't be one and don't invite any.

super salads



photograph from corn products company

and dreamy dressings

Greens to mix or serve alone

*iceberg lettuce
bibb lettuce
chicory
field salad
watercress
dandelion
escarole
boston lettuce
sour grass
spinach
romaine
endive
chinese cabbage*

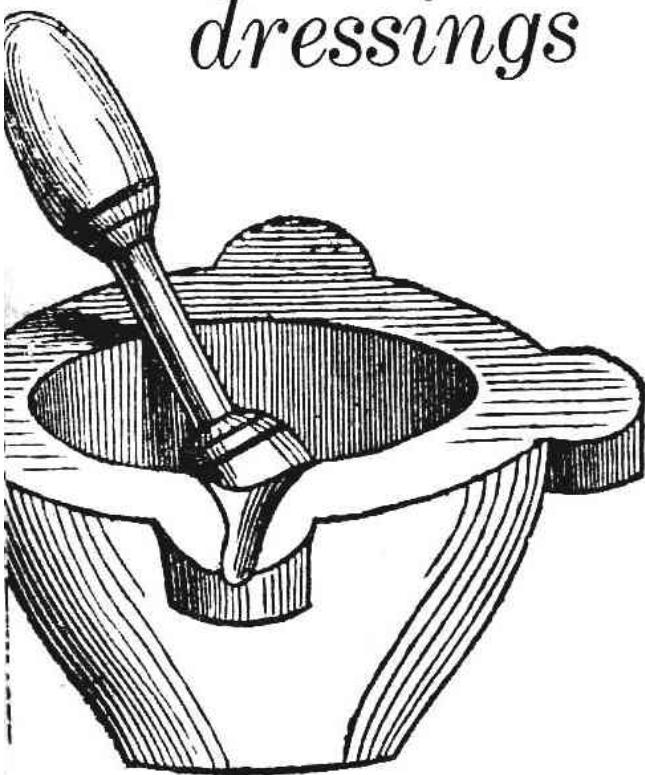
There is no greater complement to your barbecued entrée than a crisp green salad. Its preparation is simplicity itself, but what culinary crimes are committed in the name of that number one favorite —“the mixed green or tossed”! And how often have you been subjected to a wilted, watery, bitter and vinegary heap of lettuce “garnished” with leftovers retrieved from every corner of the refrigerator? You need never be guilty if a few basic pointers are taken to heart: select only the youngest, freshest and most tender greens (see the list, left, for leafy as well as the more fleshy ones). Thoroughly wash (use a lettuce basket like those you see opposite), crisp and chill them before preparation. Dry them well and store in the crisper until needed.



When you are ready to prepare the tossed or mixed salad, *break* greens into bite-size pieces (never cut), removing any tough parts. Use a single variety or a combination of several—watercress and bibb lettuce, iceberg and chicory, spinach and Boston, for example. Place the dressing in the bottom of a large, room-enough-to-toss, bowl—wooden, plastic or ceramic, and add the greens. But do not mix. Just before serving, toss the salad deftly and lightly until each leaf is coated with the dressing. If you've judged correctly—and practice alone will put you in this league of salad chefs—there should not be a drop of dressing in the bowl when all is served. To serve four healthy outdoor diners, you should have about 2 quarts of greens, and allow about 1 tablespoon of dressing per serving (see recipes on the next two pages). When the main course is grilled or barbecued meat or seafood, your meal will be too overpowering if you attempt fancy “heavy” salads elaborate with fruits, cooked vegetables, or bits of cold cuts and chunks of cheese. Stick to the simple greens and venture no farther than a few capers, or some snips of chives, broad-leaved parsley or fresh basil leaves to garnish. More complicated salads are too difficult to eat informally out-of-doors and you may achieve variety and distinction with the dressings themselves.

turn the page for “dreamy dressings”

...and dreamy dressings



■ We begin with a basic French dressing, for this belongs in the "dreamy" class when it is properly made. Tossed with crisp greens lovingly prepared in the way we outline on the preceding page, the French dressing produces the ultimate in gourmet salads. In addition, the variants on this basic theme are so numerous and delightful (we suggest only a few here) that it behooves you to know how to make not just an ordinary French dressing, but a superb one:

BASIC FRENCH DRESSING

3/4 cup olive oil	1 level tsp. salt
2 tbsp. vinegar	1/2 tsp. dry mustard
2 tbsp. lemon juice	1/4 tsp. pepper
	1/4 tsp. paprika

Be sure your ingredients are the freshest you can find. Then mix them all together with a whisk like the one you see below or shake them in a screw-lid jar. Chill in refrigerator until used and shake again, or beat again just before serving. Makes 1 cup.

DILL DRESSING

1 cup basic French dressing	1/4 cup fresh dill cut in 1/2-inch snips
-----------------------------	--

Add snipped dill to French dressing and allow to stand at room temperature for about an hour to marinate before tossing with greens or pouring over sliced fresh tomatoes (see plum tomatoes with Dill Dressing on our back cover). Makes 1 cup.

CHIFFONADE DRESSING

3/4 cup basic French dressing	1 tbsp. minced pimiento
1 finely chopped hard-cooked egg	1 tbsp. chopped green pepper
1 tsp. minced parsley	1 tsp. minced green onion

1/8 tsp. cayenne pepper

Mix lightly with a fork all the above ingredients. This is not only an excellent dressing for crisp greens of all kinds, but it also takes

deliciously to chilled, cooked vegetables such as string beans, asparagus and broccoli. Makes 1 cup.

ROQUEFORT DRESSING

1 cup basic French dressing	3 tbsp. crumbled Roquefort cheese
-----------------------------	-----------------------------------

Toss ingredients lightly together with a fork and mix with greens just before serving. Makes 1 cup.

HERB DRESSING

1 cup basic French dressing	1 1/2 tsp. of either rosemary, marjoram, oregano, summer savory
-----------------------------	---

Shake dressing with any one of the above herbs and serve with mixed or solo greens, over seafood or with cold meat slices. Makes 1 cup.

VINAIGRETTE DRESSING

3/4 cup basic French dressing	1 chopped hard-cooked egg
	1 tsp. chopped chives

Mix ingredients lightly and serve on hot or cold vegetables, hot or cold meats, or greens. Makes 1 cup.

GARLIC DRESSING

1 cup basic French dressing	1 minced clove garlic or 1/2 tsp. garlic salt
-----------------------------	---

Mix ingredients and let stand for one hour before serving. Mix again and serve on greens. Makes 1 cup.

COTTAGE CHEESE DRESSING

1 cup basic French dressing	2 tbsp. cottage cheese
1 tbsp. minced green pepper	2 tbsp. chopped parsley

Mix ingredients and serve on greens, fruit, tomatoes or cooked chilled vegetables. Makes 1 cup.

LORENZO DRESSING

1 cup basic French dressing	2 tbsp. chili sauce
-----------------------------	---------------------

Shake ingredients together and serve on greens. Makes 1 cup.



GREEN GODDESS DRESSING

1 clove garlic	1 tsp. minced
8 anchovy fillets	1 tsp. parsley
1 tsp. tarragon	1 tsp. minced
2 cups mayonnaise	scallions
	2 tsp. minced
	chives
	2 tsp. vinegar

cabbage or cold meats. Makes 1 1/2 cups.

CAPER DRESSING

1/2 cup mayonnaise	1/2 tsp. dry mustard
1/2 cup sour cream	3 tbsp. capers, drained

Mix ingredients well and serve with greens, cold seafood, cold meats. Makes 1 cup.

LOW-CALORIE DRESSING

3 tbsp. fresh lemon juice	1/8 tsp. ground black pepper
2 tbsp. tomato catsup	1/8 tsp. garlic powder
1 tsp. salt	1 cup yogurt

Stir lemon juice, catsup, seasonings into yogurt. Beat with rotary beater or blend in electric blender. Approximately 11 calories per tablespoon. Makes 1 1/4 cups.

HAWAIIAN DRESSING

1 envelope Bleu cheese salad dressing mix	1/4 cup chopped toasted pecans
2 tbsp. pineapple juice	

Make Bleu cheese dressing according to package directions. Combine 1/2 cup of the dressing with pineapple juice and pecans. Mix or shake well. Makes 7/8 cup.

ORANGE-CHUTNEY DRESSING

1 pkg. Lawry's Old-Fashioned French Salad Dressing Mix	1 tbsp. honey
1/2 cup fresh or frozen orange juice	1 tbsp. finely chopped chutney
1/2 cup salad oil	2 tbsp. chopped pecans (optional)

Empty mix pkg. into screw-top jar. Add orange juice, oil, honey, chutney and pecans. Shake well. Chill and serve on greens (watercress especially) or over fruit salads, or cold meats. Makes 1 cup.

CHANTILLY DRESSING

1 cup mayonnaise	2 tbsp. confectioner's sugar
1/2 cup heavy cream, whipped	2 tsp. fresh lemon juice

Blend all ingredients lightly to

gether and serve with endive, chicory, or fruits.

CUCUMBER DRESSING

1 cup mayonnaise	1/2 cup milk
1 cucumber, peeled, minced	1 tsp. sugar

Mix or beat ingredients together and serve with greens (good with coleslaw). Makes 1 1/2 cups.

ANCHOVY DRESSING

1 can anchovy fillets	4 tbsp. salad oil
1/2 tsp. ground pepper	2 tbsp. tarragon vinegar
1/2 tsp. salt	2 tbsp. tomato sauce
1 tsp. dry mustard	1 cup French dressing

Drain and mince anchovies finely. Add salt, pepper, oil, vinegar, tomato sauce and add, blending. French dressing. Check seasoning. Add dash of Lea & Perrins sauce if desired. Serve on any greens, over sliced tomatoes or with cold veal. Makes 1 1/2 cups.

CALIFORNIA DRESSING

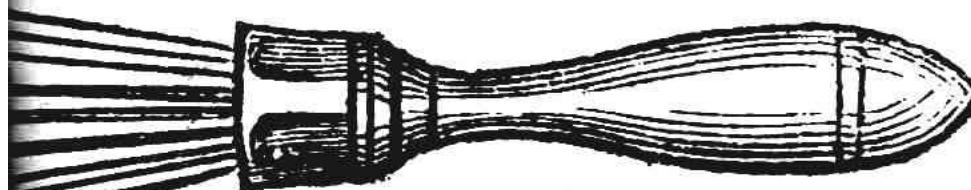
1 cup California wine vinegar	3/4 teaspoon paprika
1 1/2 cups salad oil	2 tbsp. orange juice
1 1/2 tsp. salt	1 tbsp. lemon juice
1 tbsp. honey	1 tsp. sugar
1/2 tsp. dry mustard	1/4 tsp. each orange and lemon rind

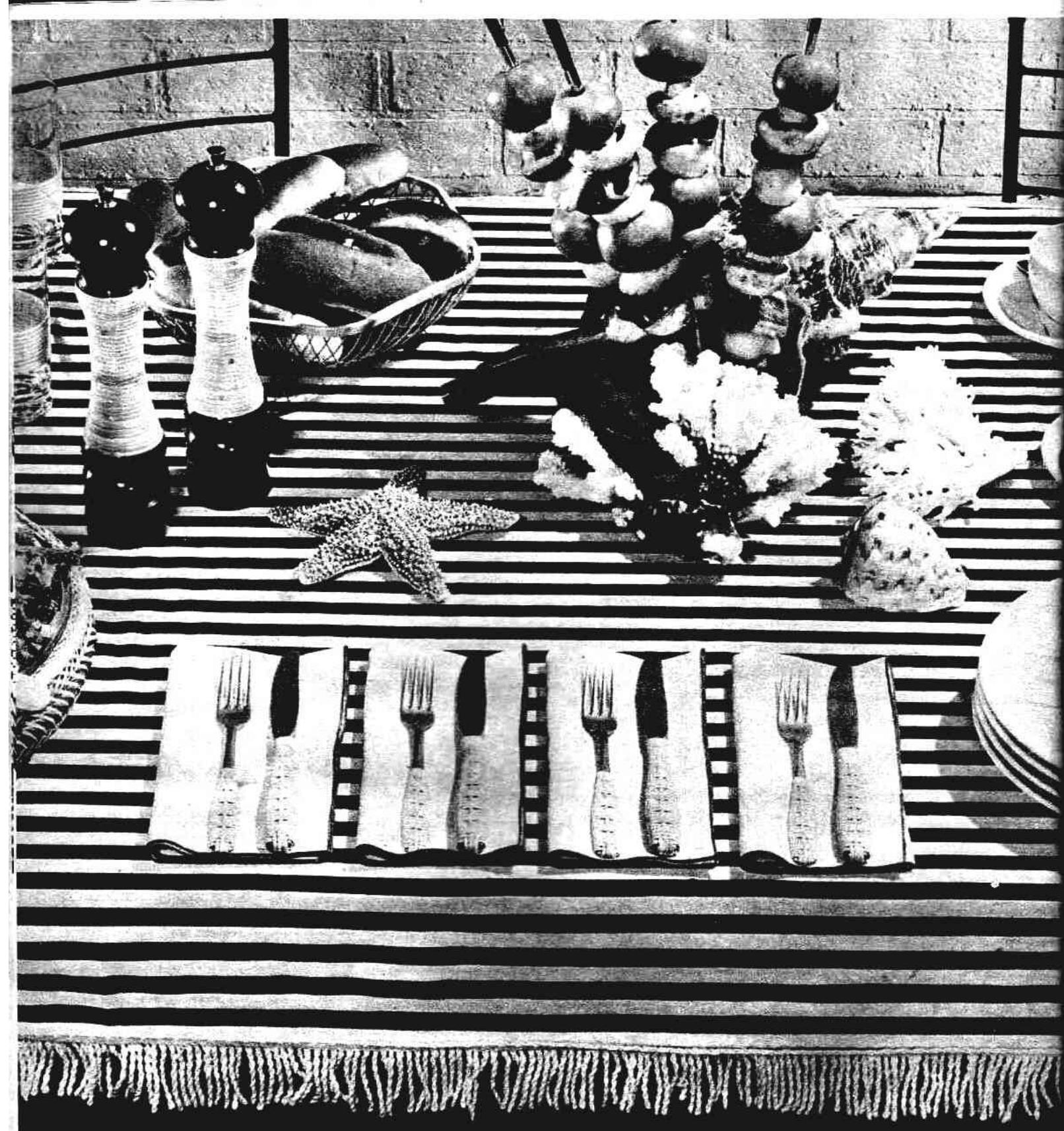
Combine all ingredients in a jar and shake vigorously until blended. Makes 2 3/4 cups.

EAST INDIAN DRESSING

1 cup basic French dressing	2 tsp. grated onion
1/4 tsp. curry powder	1 finely chopped hard-cooked egg

Beat all ingredients thoroughly and chill before serving with greens, fresh fruit salads, or cold cooked fish fillets. Makes 1 cup.





Setting the scene

Patio or back porch, poolside or under the trees—wherever you serve, let the accessories be as gay and colorful as possible. But let them be practical, too, so that host and hostess may enjoy the leisure of outdoor eating



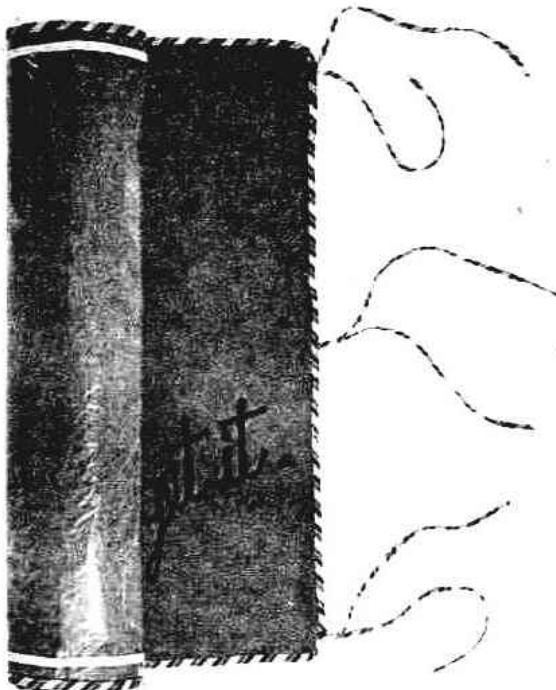
Left: al fresco with a flair and a barbecue setting to make you the "hostess with the mostest." Melamine dinnerware, Watertown's "Gulf-stream," is perfect for a seafood shish kebab menu and the bold black-and-white cloth is Quaker's newest in vat-dyed Sanforized cotton.

Top right: the grand manner of an Edwardian garden party with the practicality of break-resistant Melmac plates, bowls, etc. The pink hyacinth pattern is played against bark brown woven mats; the centerpiece is edible strawberries, and hamper is a service surface.

Right: the ultimate in chore-free settings is all paper. Almost too pretty to throw away is this Dixie Cup set of cups and plates with barbecue-appropriate chicken, lobster and bull designs in bright red. Striped paper cloth and napkins are disposable ones by Masslin.

Below: another great-style, little-toil setting, right on the garden wall. Bowls and plates by Fonda Container Company are "Chinaized" with a high gloss to serve hot or cold foods—even hot barbecue-sauced dishes. For a large crowd, buffet-on-a-wall is happy solution.





BORROWED from the camper's bedroll, the idea for this all-in-one picnic accessory is the most practical and ingenious we've seen in many a meal outdoors. Sew it yourself from the directions below and use it for patio dining, barbecues and picnics. Rolled into one 3x6-foot picnic cloth (shown, left) are 4 roll-up bibs slotted to hold napkins and flatware, 2 elbow-high quilted mitts, and 2 heavy-duty pocketed aprons—one for the "Chief Cook," the other for the "Bottle Washer" (all shown, unfurled, opposite). The plastic-lined (anti-ant, anti-sand, anti-damp) cloth doubles as a carryall to tote the other items rolled up inside. Made on a Singer Sewing Machine with time-saving Greist attachments, the Picnickit is an easy-sew-it you can copy inexpensively. Choose a sturdy washable Sanforized fabric like this Playtime Cloth in coordinated stripes and solid colors. With the underbraider or top braider attachment on your machine, write "Come and get it" (or anything else) in cotton rug yarn on your cloth; do the same to identify the man's and woman's aprons. Edges of bibs, aprons are bias-tape-bound using a multi-slotted binder attachment to speed the job. Elbow-length mitts are made with the quilter attachment; buttonholes on bibs and adjustable neckband of man's apron are jiffied up with an automatic buttonholer. And a practical final note for breezy weather picnics: to keep the cloth firmly anchored on grass or table, stitch a strip of weighted tape (from curtain and drapery notions departments) to plastic backing, about two inches from edge.

sew a PICNICKIT

DIRECTIONS

PICNIC CLOTH: Cut a piece of solid color denim and a piece of plastic fabric for lining, each 36x72 inches. Cut bias binding of coordinated color striped denim. With tailor's chalk (or pencil) write "Come and get it" diagonally across two opposite corners of cloth (see photograph opposite). Using underbraider or top braider attachment on your machine, stitch cotton rug yarn over lettering. Stitch weighted tape all around plastic fabric about 2 inches from edge. Baste plastic lining against wrong side of cloth. Finish plastic and fabric edges with striped bias binding. Tack tapes on both corners and at center of one end for ties to secure rolled up "kit" (see above).

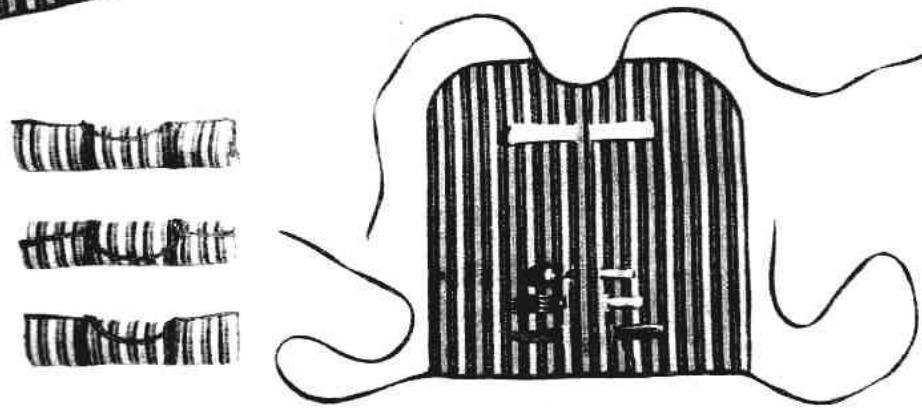
"CHIEF COOK" APRON: Cut bib-type man's apron from striped fabric, using commercial pattern or one you've drawn yourself on brown wrapping paper. Cut two 8x6½-inch pieces of contrasting solid color fabrics and one 8x7-inch piece of a third color to make triple pocket. Cut bias binding of one solid color fabric for edges of apron. Cut bias binding of coordinated striped fabric for edges of pockets. Cut strip of striped fabric 28x2½ inches for neck strap. Stitch together the three different color fabric pieces with 8x7-inch piece in center to make a long rectangular pocket. Use chalk or pencil to write "Chief Cook" across pocket. Stitch cotton rug yarn over lettering, using underbraider or top braider attachment on sewing machine. Bind pocket with striped bias binding, using binder attachment. Stitch pocket in position. Top

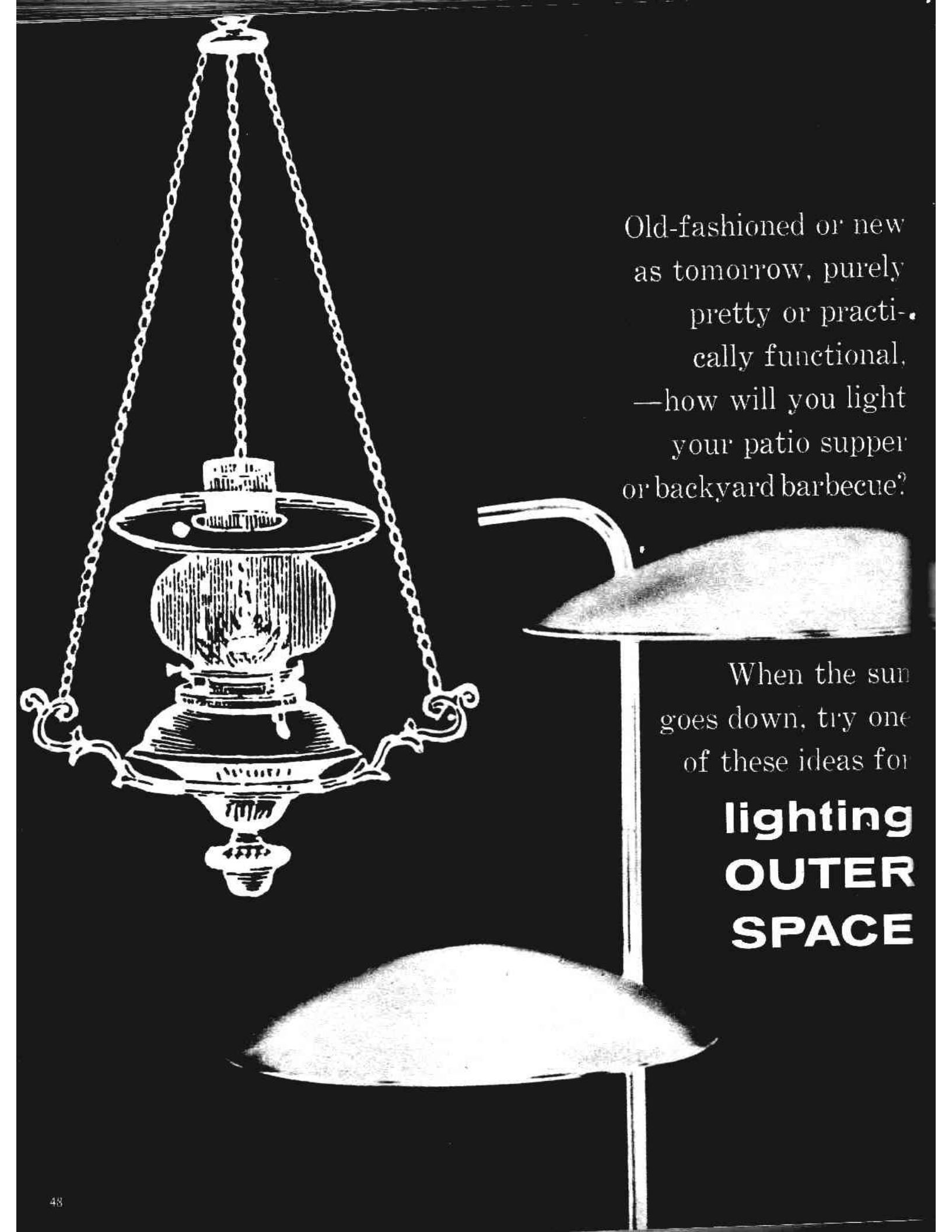
stitch down seam joinings to make three separate pocket divisions. Again, using binder, bind edges of apron with solid color bias, leaving extra lengths of binding at waist to form ties. Using buttonholer attachment, stitch one 1-inch buttonhole at top corner of each side of bib. Make neck strap of striped fabric and sew two buttons on each end of the strap. **"BOTTLE WASHER" APRON:** Cut woman's half-apron from striped fabric, using commercial pattern or one you have drawn yourself on wrapping paper. (See photograph opposite). Cut two pieces of contrasting solid color fabrics 8x6½ inches and one piece of third solid color 8x7 inches for triple pocket. Cut bias binding of both solid color fabric and striped fabric. Stitch together the three different color fabric pieces with the 8x7-inch piece in center to make a long rectangular pocket. Use tailor's chalk to write "Bottle Washer" across this rectangle. Stitch cotton rug yarn over lettering, using underbraider or top braider attachment on machine. Bind pocket with striped fabric binding and stitch pocket in position on apron. Top stitch down seam joinings to make three separate pocket divisions. Finish bottom and sides of apron with solid color bias binding, using binder attachment on machine. Gather top edge of apron. Stitch apron belt and attach along gathered edge, making ties long to form bow.

ELBOW-LENGTH MITTS: Make pattern on brown wrapping paper by drawing around hand and thumb and up sides of arm to just below bend in elbow, allowing ample room for ease in slipping on, and ½ inch seam allowance. (Sug-

gested finished lengths: 15½ inches for woman's mitt; 17½ inches for man's.) Cut four striped fabric pieces for each mitt. Cut padding for mitt: worn terry cloth towels may be used or commercial cotton quilt batting. Baste together front section and lining of mitt with padding between. Repeat for back piece. With quilter attachment on machine, quilt front and back pieces. Baste front piece to back piece. Finish by stitching bias binding around edges, making an extra length of binding to form loop at top.

ROLL-UP BARBECUE BIBS: Cut piece of denim 18x18 inches. Round off corners slightly at one end (top of bib—see photograph opposite), and cut out shallow semi-circle in center of this end to fit around front of neck (trace half-way round a saucer). Using binder on machine, bind both sides. Then bind separately the top and bottom edges, leaving 10 inches of stitched binding free at each end of both top and bottom to serve as ties. Mark the placement of one pair of vertical buttonholes on bib at center, 2 inches below neck edge and 1 inch apart (for napkin slots). Buttonholes should be about 2 inches long. Mark placement of three pairs of vertical buttonholes, 1-1/16 inches long as follows: one pair 2 inches from bottom edge and 3 inches apart (for knife-holding slots); one pair 3¾ inches from bottom and 2½ inches apart (for fork-holding slots); and one pair 5¾ inches from bottom and 1¾ inches apart (for spoon holding slots)—all directly in the center. With the 1-1/16 inch template in the buttonholer, stitch three bottom pairs of buttonholes. Again using same template, make top pair.

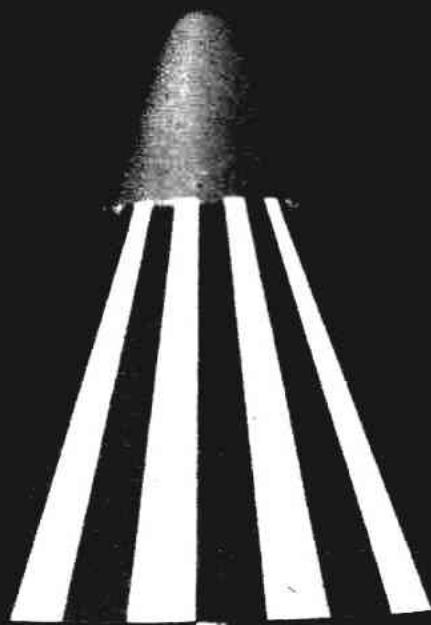




Old-fashioned or new
as tomorrow, purely
pretty or practi-
cally functional,
—how will you light
your patio supper
or backyard barbecue?

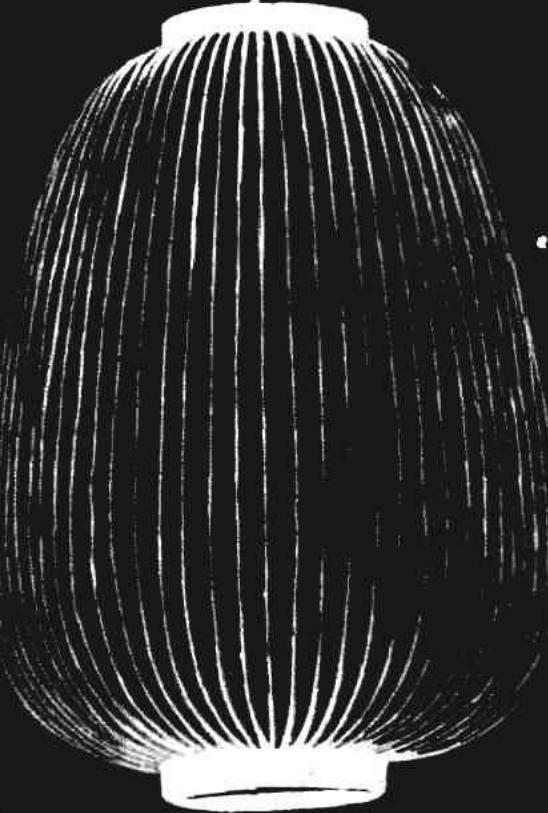
When the sun
goes down, try one
of these ideas for

lighting OUTER SPACE



At the beach the star-studded sky nation to guide corn or slabs of destination. But a sit-light or a full-course the garden demands light on the scene. mood, your pocketbook, particular corner of space porch, a simple or very are many ways to solve the food when the sun goes is, of course, that olding up fat-and-drippy candles placing them at strategic points low-cost idea if you've trees (or to point) is a collection of with candles (but watch them if with your outdoor Christmas tree formality and economy, there are lamps. These range from the setting ones to the giant plain ones, pretty shadows on the table. There door eating hurricane lamps and in the ground wherever your guests junk-and-antique shophounds is the old-hurricane version far left (opposite) or a pole, adds a quaint note and casts a manent outdoor lighting is worthwhile if pretty garden or terrace to show off or just is almost staggering. There are electrified the-century gas lights (the newest innovation for the nostalgic home-owner. There are lights decoyed to look like leaves (the Ludlow if you're fussy), rocks (tree stumps, toad stools, Lightolier's "Lytescape" collection includes the words-with red-capped black-and-white-striped collection comes the mushroom light with installed high or low. And in the upper righthand corner to pin up wherever you like. So, take

campfire and a are enough illuminators or roast watermelon to their down supper at twibarbecued dinner in more than a flicker of. Depending on your and the nature of your (a terrace, a patio, a back elaborate garden), there problem of how to find your down. Cheapest way of all romantic bistro trick of lightin empty wine bottles and on big or little tables. Next clotheslines strung from point Japanese lanterns softly glowing you live in a breezy clime!) or lights. Ascending the scale of both the dozens of varieties of hurricane variety-store small, individual place-tinted or decoratively cut to throw are also specially developed for outcandles sunk in glass on stakes to stick choose to sit. A current vogue among fashioned kerosene lamp (see the marine which, hanging or stationary on the table soft, bright-enough-to-eat-by glow. Per- you eat outdoors often (or if you've a sit in and admire). And the choice of fixtures early American lantern-types and turn-of-in suburbia where natural gas is available) ingenious under-the-shrubs and flower-border Studios give you a choice of caladium or lucidum frogs or even lily pads to set a pool a-light. perky parasol above, shedding light on these shade for contemporary gardeners. From the same inconspicuous garden-green hoods (near left) to corner you see Lightolier's portable, weatherproof your choice—but let there be light, simple or grand.



LOOK OUT:



At cookout or barbecue, wherever an open fire is used to prepare food, a little common safety sense is a must. The hazards of the backyard barbecue are fewer than those of campfire cookouts away from home—for the obvious reason that intelligent homeowners have usually planned the site of the barbecue with safety, functional and decorative features well in mind. In addition, most homesite barbecues use charcoal in some form or another for fuel, thereby having a well-controlled fire.

Most casualties requiring first aid treatment at the home barbecue front are caused by flame flare-ups, fat spatters, or explosions from the wrong kind of starter fuel. (No, no, no gasoline ever—never!) Carelessness anywhere can lead to trouble and burned fingers and singed eyebrows can spoil the party if you don't exercise good common sense. Use a commercial charcoal starter fuel if you're eager to get things under way in a hurry, but take time to read the directions first as a precautionary measure. See other ways to light your fire at home or away on pages 34 to 37.

Remember that your fingers aren't made of asbestos and wear insulated mitts (see our elbow-high ones to make for super-protection on pages 46 and 47). Invest in tools with insulated handles and with extra-long shafts so you can work without putting your face directly over the flames (look, ma, no eyebrows!). Have good, long skewers for the kabobs and other speared goodies for the same reason and handle all skewers as if they were knives (people can get speared, too, if you're not careful!), holding points down and away from others. Never impulsively reach for a slipping chop, steak, or bird on the spit with your bare hands. Better to let it fall into the coals—some of the best recipes feature ash-roasting and the taste-damage won't be that irreparable. Better yet—reach for the long-handled tongs, or one of your mitts.

Keep an eye on the kiddies around the grill so little exploring fingers aren't painfully burned or pony tails singed. Drip pans of aluminum foil will catch the fats and juices that make for sudden spurts of flame and hot grease, and a dousing device (see 100 Cues for Better Barbecues on pages 38 and 39) to sprinkle water

COOKOUT

a few adages to
barbecue by
and a safety kit
to stand by

on the more snappish fires is a handy precaution—saves the chef and the *chef d'oeuvre*. As for the chef, that guardian of the fire and the food—let him withhold his abundant thirst during the pre-feasting cocktail ceremonies. Tending the barbecue is not a tippler's job, for obvious reasons of safety. (See his more-than-probable blundering in the drawing on the opposite page).

To the right, you will see two lists of standby safety gear—one for the homesite cookout or barbecue and one to tote along to beaches, mountains, woods or wherever you go to build your picnic campfire. We suggest you pack the latter in a more-or-less waterproof zippered bag or kit, and keep the former in the cupboard or closet where you store your other barbecue gear.

The open fire away from home, as we have said, requires more precautionary measures than the one in your backyard. While we recommend taking charcoal to build your campfire, we also recognize the fun of a woods fire. In any case, always select an ample clearing and if possible, check with the local park or fire warden as to the safety of your fire site. Rule-of-thumb is: have at least a five-foot circle cleared around your fire with all leaves, grass, and dry refuse raked away. If possible, put a circle of rocks at the perimeter. And crown one person fire-watcher-in-chief. In putting out your fire, avoid burns by not using water. Best to let it die down, spread the coals so they will go out more quickly and when embers are cool enough for you to place your hand over them, then bury the ashes. Burying hot coals with earth containing leafmold could start an extensive underground fire.

If you are beach picnicking and clambaking, the coals should die down to this point as well, for sand holds heat and other visitors might burn their feet next day. If you are lining a pit with rocks or constructing a temporary fireplace, never use wet rocks, shale or similarly explosive ones. Wet rocks, especially, when heated quickly to high temperatures are dangerous. Be particularly vigilant about prevailing winds, sudden shifts and gusts. And, of course, at any fire, don't stand downwind where you can inhale smoke or be in direct line for a sudden puff flare-up.

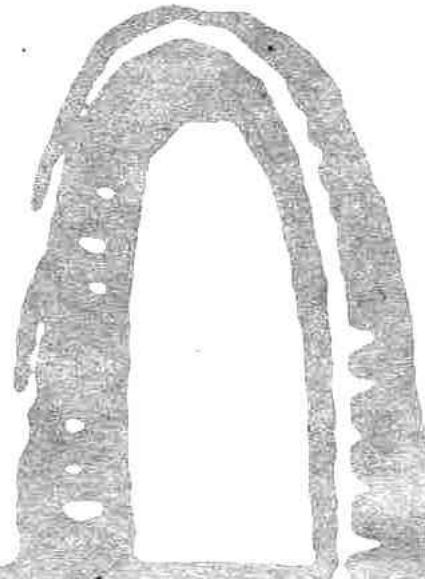
AT-HOME BARBECUE SAFETY KIT

Burn ointment
Antiseptic
Plastic bandages
Cotton-tipped applicators
Sterile gauze bandages
Sterile gauze pads
Absorbent cotton
Adhesive tape
Aerosol fire extinguisher
Insect lotion

PICNIC SAFETY KIT

*(all of the above items,
plus these):*
Spirits of ammonia ampules
Small snakebite kit
Small bottle of sterile water
Eye cup
Small penknife, sharp

the
no-
sandwich
picnic





Trader Vic's Coffee Can Picnic features a pre-packed casserole-on-the-coals. Photographed opposite, you see the ingredients and how-to steps for the first of our no-sandwich picnics. For each person, arrange in a one-pound coffee can lined with heavy-duty quilted aluminum foil: 1 thick slice of tomato and one of onion, 1 thick hamburger, 1 slice of bacon, 1 serving of frozen baby limas, 1 teaspoon soy sauce and 1 of salt plus a sprinkle of fresh pepper. Shape liners over bottom of can, line can, add ingredients, clamp lid on can and tote to picnic site. Let campfire burn to coals, bury cans in coals for 30 minutes, remove lids, lift food out by foil ends and eat right from foil "plates." Buttered buns may be "foiled" to warm, too.

Coat Hanger Kabobnic is a skewer affair with shish-kebab the dish of the day. No need for fancy, expensive skewers—just untwist the ends of old wire coat hangers, straighten, double one end 8 inches back for a "handle" and while your fire is settling down to coals, burn off the paint. Prepare meat (1/2 pound of lamb cubes per person) and soak in marinade (see page 26) the night before. Transport meat in marinade in a screwtop jar to the picnic. Wrap separately in foil for each person to thread on skewers: 6 mushroom caps, 2 tomatoes, quartered, and 6 pieces green pepper. Take refrigerator biscuits to "bake" on skewers. Add cold beer and sodas, ice-cold watermelon wrapped in paper and the menu is complete.

Secret Spot Picnic is packed with a poetic hand and designed for two. Arrange in your prettiest wicker hamper such frivolities as your nicest small picnic cloth and napkins, two stemmed glasses (yes, we mean it!), forks, knives, plates, and a fool-proof corkscrew. Pack a bottle of his favorite wine (a rosé is nice), boneless cold fried chicken, ripe olives, celery hearts, carrot curls (all in a jar), your best deviled eggs, little pre-buttered finger rolls, and a choice small Jenny Lind melon plugged and injected with a bit of cointreau. Add your favorite book of verse, and you're off to find a grassy spot under a tree where the view is sublime.

Freezer Picnic may be prepared weeks ahead to await the perfect day for your fresh-air feast. Frozen foods take to long-distance traveling since they are their own refrigeration, arriving generally in an almost-thawed, ready-to-grill-or-heat state. Freeze hamburgers (10 patties from 2 pounds of meat) in quart-size Vapocans, separated with wax paper layers. Freeze individual servings of baked beans in empty, clean soup cans which can be sunk right into the coals to heat. Freeze a batch of brownies in their baking pan. Use your imagination for goodies to freeze for future picnics.

Rocket Picnic is a spur of the moment one, but assembled with stop-watch precision. Stage One, tuck the family, a can opener and a sharp knife into the car, drive to the service station, fuel up, and check the route to the nearest good picnic site. Stage Two, drive to site, check fire-makings available and leave family to build fire. Stage Three, drive back to nearest supermarket and buy: corn in husks, hot dogs, rolls, relish, beverages, marshmallows, butter, fresh fruit, paper napkins and cups. Back to the site your picnic is in orbit: roast corn in husks, toast dogs, rolls on sticks (marshmallows later). Eat, drink, be merry at a traditional cookout.



Far left: "Poppa Barbecue" himself, the celebrated James Beard judging the annual Delmarva Peninsula chicken cooking contest. Left: From this ferocious creature come the succulent Alaska King Crab legs you find frozen at your supermarket. Below: Shirley Higa and Judith Arita, home ec grads from the U. of Hawaii, display their Teriyaki-inspired "Hawaiian Hamburgers" (recipe below)

TALK WITH THE EDITOR

■ What with all this talk of marinating and basting and seasoning and saucing, we got to thinking, "Just where *do* recipes come from?" There's grandmother, of course, and the traditional hand-me-downs from generation to generation. Until recent years, the acquisition of recipes and cooking know-how was a neighborly business, almost exclusively. New creations popped up, and still do, through accidental invention—like the day you grabbed the curry powder by mistake and added it to the apple pie instead of cinnamon (a good recipe that, too!). Today, in the great testing laboratory-like kitchens of food packagers, processors and manufacturers, new recipes, new taste combinations and new foods are being created and developed every day . . . to nourish, to excite palates, and to disprove that old saw, "There's nothing new under the sun." Throughout the pages of this book you will find many of these brand-new recipes fresh from those ultra-modern test kitchens. You will also find some classical standbys—a basic French dressing, for example on page 42. The classical recipes have come from many sources: the neighbor-to-neighbor, and mother-to-daughter way, refined quite often by the eminent greats of classical

cuisine: the Diats, the Escoffiers, the Carêmes, to name a few. Which brings us in our long-winded, round-about editorial way to: "Where do barbecue recipes come from?" And the answer is, as we show you on pages 4-19—from all over the world. From primitive man, from peasants and shepherds and hunters of yore, from the great Saxon halls of early Britain, from lords and ladies, from explorers, from campers, Cub Scouts or sportsmen everywhere.

The rage for cooking and eating outdoors sparks the imagination of many a food-lover. Among the professional gourmets, one distinguished man rightly deserves the title of "Poppa Barbecue" in tribute to all the wonderfully creative dishes he has concocted for the outdoor cook. You see him, chef-capped above, and he is, as you've guessed, none other than the famous James Beard. His newest collection of recipes, *The James Beard Cookbook*, has just come off the Dell presses in a 75c first edition and offers you a wealth of expert advice as well as hours of good cooking fun.

Our recipes 'Round the U.S.A. on pages 14-19, left us no room to include two we know you'll enjoy trying this summer—one from our 49th state, and one from Hawaii,

becoming our 50th. The first features Alaska King Crab legs—the size of the beast is a believe-it-or-not tale, but the photo-evidence you can see for yourself above. Since we feel that this dish is a super party one, we give you the directions for serving 10 people, but you may cut it to family size as you will. It takes 5 minutes plus butter melting time from start to finish. Here's how: Arrange 8 packages of frozen cooked crab legs (they come all trimmed, ready to use) over hot coals on grill. Brush them generously with a mixture of $\frac{1}{2}$ pound of melted butter, the juice of 2 lemons and 2 teaspoons of dried tarragon leaves. Broil 5 minutes until heated through. Serve with wedges of lemon or lime and a crisp cucumber salad on the side.

Recipe No. 2, pictured above as it was produced by two young Hawaiian home economists, is another simple one with that little extra something that makes it special. For a family of 4, you need 4 beef patties or hamburgers. Marinate them for an hour in a mixture of 1 cup of Dole's pineapple juice, $\frac{1}{2}$ cup soy sauce, 1 teaspoon of ground ginger and $\frac{1}{2}$ teaspoon of garlic salt. Then broil over coals and top each with a pineapple slice.

And a whole, happy long summer of delectable outdoor eating to you!

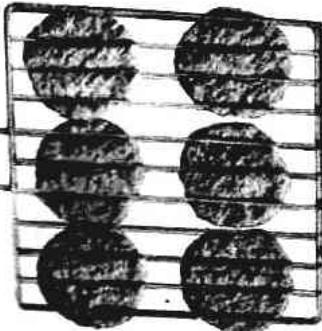
LET'S BARBECUE

- *beef*
- *lamb*
- *pork*
- *veal*
- *seafood*
- *poultry*
- *vegetables*

*look before you cook outdoors...choose
the right meat, fish, poultry or vegetables
...prepare properly...barbecue easily...
read the next 14 pages for a complete
guide to the best outdoor feasts of your life*

● *how to buy*

Steak broiled over an open fire is undoubtedly the American family's idea of luxury and heavily eating. Yet many a good cut has been turned to leather over the coals, just because of faulty preparation. More often, however, that sizzling piece of beef



may emerge tough and tasteless because you didn't know how to select the right kind. Before you buy you must know how much, how thick, what cut, and how your steak should look. The best of beef is a light, bright red when it's very fresh and a dark,

purplish red when it's aged. For outdoor cooking—or indoors, for that matter—your heart and stomach's desire, if you're a true beef lover, is the well-aged steak. It is tenderer and more richly flavored than "strictly fresh" beef. The flesh should be grained or "marbled" with little streaks of fat and edged with very firm light yellow fat. Absolutely top grade beef is stamped "U.S. Prime." This is rarely sold in supermarkets, so if your palate and your pocketbook are in accord, you must curry favor with your little independent butcher for steaks like these. Because of the turnover in supermarkets, too, you usually can-

not get well-aged beef. Next best grade on the list is "U.S. Choice," also stamped on untrimmed beef. The three best cuts in order of excellence for outdoor grilling or broiling are: the porterhouse (with the cross-bone in the middle), the sirloin, and rib steak (best cut from the first three ribs). Have porterhouse cut quite thick—from 2 to 3 inches—and sirloin and rib steaks not less than $1\frac{1}{2}$ inches. You may have your rib steaks with or without bone, and a good rule for "how much" to buy is simply this: boneless, with medium amount of fat— $\frac{1}{3}$ to $\frac{1}{2}$ pounds per person; small amount of bone and fat, $\frac{1}{2}$ to $\frac{3}{4}$ pounds per person (birdlike eaters the former, and beef hounds the latter). Other steaks which are good for outdoor broiling are: pin bone sirloin and top sirloin (smaller than "sirloin" which has a wedge-shaped bone at one side), T-bone, club or Delmonico steak and tenderloin. From the tenderloin you get fillets and the cheapest way to buy these is to buy the whole piece and cut your own. Minute steaks, cut from the loin or sirloin, are usually about $\frac{1}{2}$ inch thick and should never be grilled or broiled, but sautéed or pan-broiled . . . quickly. Top round, flank, chuck, and short ribs may all yield succulence and flavor on the grill—but only with the assist of marinades and/or meat tenderizer (see various marinades on pages 26-27). Beef cubes (usually cut from flank) are also suited to skewer grilling outdoors and are best when lightly veined with fat. Ground beef for that good old outdoor standby the eminent hamburger should,



ground chuck with cheddar and spicy sauce



ground round with onion and tangy spread

if possible, be ground before your eyes and be used as soon after grinding as possible. The best of burgers come from flank or chuck, the flavor of which is frequently superior to more expensive cuts. Ground beef is best, too, when it has a deep, bluish cast, rather than the too-bright, light cherry red.

how to prepare

If steaks are frozen, thaw them in the refrigerator, and bring them to room temperature before placing on grill. Fat edges should be slashed (at about 1-2 inch intervals) to prevent curling. Tougher, cheaper cuts may be prepared with meat tenderizer as follows: sprinkle (as you would salt) tenderizer evenly on all sides, allowing about $\frac{1}{2}$ teaspoon per pound. Do not add salt. Then, using a long-pronged fork, pierce all surfaces at one-inch intervals. Let stand at room temperature—about 30-40 minutes for cuts up to 1 inch thick and 1 hour for thicker cuts. You may, as an alternative, cover the meat loosely and refrigerate it overnight. Another way is the marinade for tenderizing tough cuts of beef to be grilled (see recipes beginning on page 26). And if you are planning to serve your beef with a special barbecue sauce (beginning on page 28), you will find that spreading or brushing it with some of the sauce ahead of time will enhance the particular flavor overtones you're striving for. For your choicest cuts of beef—the porterhouse, the sirloin, *et al.*—when you are assured of their being well-aged and of good flavor and fine

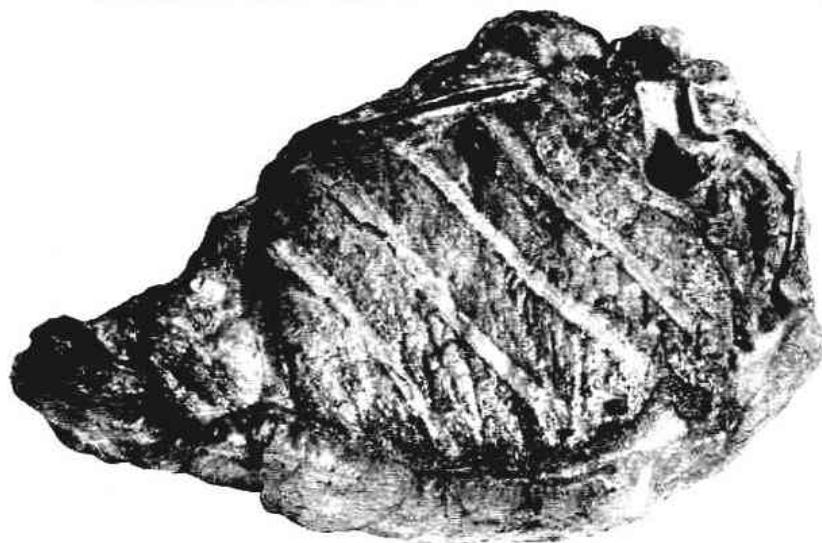
tenderness, your best bet is simply to brush the meat with melted butter and grill away.

how to cook

With the best cuts those that will stand on their own merits when served *au naturel*—you need no more knowledge to insure success. *Except*, these few words of caution: make certain that your fire and the grill are sizzling hot, grease the grill well, and withhold seasoning until just before serving. Knowing when steaks are done requires a bit of experience, but a good general timetable is: cook 1-inch steaks 6 minutes on a side for rare, 7 for medium and 8 for well done; $1\frac{1}{2}$ -inchers get 9 minutes for rare, 10 for medium and 13 for well-done; 2-inchers get 18 minutes for rare, 20 minutes for medium and 22 minutes for well-done. For larger steaks (to serve 6) add 5 minutes' time for each side. For "tenderized" cuts, reduce all cooking times by one fourth. Never, never, never keep jabbing at the meat with fork or knife to probe its doneness. You'll lose all its good juices. If you're not sure, slice a shallow cut close to the bone and peek—but that's all! There should be no flames touching the meat and if fat drippings cause flare-ups, douse them by sprinkling lightly with water (a little plant or laundry sprinkler is good). If barbecue sauces are used, keep them handy in a pot that can sit right on the grill (never let them get cold) and use a special brush for coating the meat from time to time. Finally, always serve it forth on extra-warm serving plates.



ground sirloin tip with cheese criss-cross



club steak charcoal-grilled to perfection



Sirloin lamb chops are excellent for outdoor grilling, glazed with a mixture of honey, lemon juice and nutmeg and served with roasted potatoes with chopped chives and sour cream.

● how to buy

There is a wide variety of lamb cuts suited to outdoor grilling and lamb has a special affinity for smoke flavors that can be conjured up by charcoal or the different woods (see "Fireworks—Men Only" on page 34). In selecting the meat, you have a choice of spring lamb, yearling lamb, or mutton—if you are lucky and have a good butcher. Usually, in most supermarkets, you will find only yearling lamb. Mutton is a superb meat—gusty, flavorful and excellent when grilled outdoors. Have mutton chops cut 3 inches thick, preferably with a kidney tucked inside and skewer-wrapped with bacon. Leg of mutton tends to be fatty and you should have your butcher trim the excess, since it does not enhance the flavor of the meat. Leg of lamb may be spit-barbecued or you may have it cut into lamb steaks (about 1 inch thick). Shoulder of lamb may be boned and rolled, for rotisserie or spit-barbecuing, or it may be cut into steaks for grilling. Shoulder meat or leg offers the cubes you will need for all kinds of kabobs (see our skewer story on pages 20-25 and "Sauces and Marinades" on pages 26-29). In the chop department, buy extra-thick ones for broiling outdoors—2 to 3 inches. Loin chops have the most succulent flavor, but rib chops (cut to same thickness) are also good and, of course, less expensive. A loin of lamb may be prepared by your butcher for grill roasting by splitting it into chops but not completely separating them. Breast of lamb is delicious when barbecued as you do pork spareribs (see p. 10). Buy a lean breast and marinate it first. If you plan a large party and you own a big outdoor grill, you may want to splurge on the spectacle of a "baron of lamb." This includes the two legs of lamb, left joined with part of the saddle, all in one piece. A "saddle of lamb," equally as fancy and impressive, includes the two loins, tenderloins and part of the ribs. At the other end of the scale, you may have "lambburgers" or lamb patties, ground from flank, breast, shank or neck. Lamb shanks, properly marinated,

are good for outdoor eating and may be grilled like ribs. As to the amount of meat to buy—follow the general rule of thumb given under "beef" (on pages 56 and 57). Buy U.S. Prime (if you can find it) or Choice grade and look for the young, tender kind of lamb. It should have medium red flesh and the fat should be cream-color with a faint pink tone. Look closely at the bones of the lamb—if they have pink streaks, it's a young lamb. Pure white bones—and the lamb is on its way to being a mutton (but not old enough to be really good.)

how to prepare

You may barbecue a leg of lamb with the bone in or out, although the latter is somewhat easier to center on your spit. Wipe meat carefully with a clean damp cloth and run the spit through the center, fastening clamps at each end. Rolled roasts (shoulder) should be tied at 1½-inch intervals with heavy cord and the meat should have a thin fat covering. The fat on all chops should be slashed on the diagonal at 1-inch intervals to prevent curling. Tie or skewer lamb patties and chops with a thick slice of bacon for extra flavor and to retain juices. Balancing meat on a spit is largely a matter of trial and error, but balanced it must be or the spit will not turn properly. Find the center of balance even if it takes several spearings of the meat—these will sear closed as soon as the heat hits them and juices will not be lost. The tighter you force the clamps the juicier your meat will be—if you wish a dryer roast, relax the clamps slightly. This principle also holds for kabobs and skewered cubes—placed far apart, the cubes will be crisper and dryer, while closer together produces a juicier kabob (see skewer cooking on pp. 20-25).

how to cook

As with all other outdoor cooking, the fire should be at peak heat, the grill (if you are grilling) very hot. Grease the grill with a bit of suet or oil to prevent sticking and for lamb, especially, have serving plates very hot since the fat tends

to congeal more rapidly than does other meat fat. Insert cloves of garlic and season as desired for rotisserie lamb. For large roasts on the spit, it is advisable to use a meat thermometer (be sure it does not touch the spit!) to insure desired degree of done-ness. Remove roasts about 20 minutes before serving since the meat goes on cooking internally for about that amount of time. Keep barbecue sauces in a pot right on the grill (never baste with a cold sauce) and baste lamb frequently to keep the meat moist. Steaks should be grilled slowly and turned frequently. Seasoning—pepper, salt, crushed tarragon or rosemary—may be sprinkled on the steaks during the grilling. Chops should be cooked until they are a dark, crusty brown on the outside—and are more flavorful and succulent if they remain pink and moist on the inside. Breast of lamb and neck slices may also be broiled if seasoned and prepared with meat tenderizer before grilling. Simply sprinkle the tenderizer (it's seasoned, so withhold salt) as if you were sprinkling salt on the meat, then pierce deeply with a long-tined sharp fork at 1-inch intervals and let stand for one hour before cooking or cover loosely with waxed paper and refrigerate overnight. Lamb, like all meats, should be brought to room temperature before placing over heat. As for cooking time: grill 1-inch shoulder or loin chops 6-7 minutes on each side for medium and 7-8 minutes for well done. Double chops, double time. Steaks take 6 minutes per side for 1-inch ones to be medium and 7 minutes for well done. Again, double the thickness, double the time. Hamburgers or patties $\frac{3}{4}$ to 1 inch thick take 8 to 10 minutes per side for well done stage. Skewered cubes which have been previously marinated take from 15 to 20 minutes. For roasts, as we've said, rely on your roast thermometer. Variables crop up with different kinds of grills, different types of fuel—and, yes, even in different climates. Your own experience and taste will tell you when meat is done—and, if it's your first time at the outdoor grill, you'll have to guess a bit or rely on a guest-authority (outdoor cookery is fraught with kibitzers, some quite experienced).

● *how to buy*

Undoubtedly, the number one favorite form of fresh pork to be barbecued is spare-ribs (see our cover with Danish spit-roasted ones and the recipe for same on p. 4) and the sauces concocted for this outdoor delicacy are indeed legion. Spareribs come from the rib cage (the siding) of the pig and you should look for meaty ones, allowing a pound for each person to be served. As with all pork, the flesh should be a pale pink ("deep pink pork poisons people" goes the old untrue saw!) with the fat layer quite white. Next in order of preference for a handsome barbecue feast is the loin (rib or loin end or the whole thing which can serve up to 24 people). Again allow about a pound per serving. Pork steaks, properly marinated, may be grilled slowly and effectively, and these should be about $\frac{1}{2}$ to $\frac{3}{4}$ inches thick, and are cut from the leg. Chops, rib or loin, are most satisfactorily pan-barbecued over your outdoor grill, but may be placed right on the grill and cooked as the steaks are.

Have these cut the same thickness as pork steaks and allow two per person. The grandiose and flamboyant performance is, of course, roast suckling pig on an outdoor spit. A 10-pound pig will serve 6-8 guests—merrily! And, if you can't afford a whole pig—although year-around, pork is consistently one

of the least expensive meats—then serve pig's feet, deviled and grilled. Buy one whole one for each serving and preferably the long, lean-looking ones. As for smoked pork—the ham, the dog, the various sausages—you've a wide range of selection. Let's take the frankfurter first with these words of advice: since we consume so many hot dogs annually as a nation (and mostly by the youngsters), it behooves the family cook to select them with care. Contrary to popular belief, all frankfurters are not alike and quality does vary. Nor do frankfurters keep indefinitely as is frequently and erroneously supposed. Try some of the all-beef frankfurters, and the fat knockwurst for outdoor grilling. Be sure when you buy any of these, that they are of good color and free from a whitish cast which indicates improper storage or old meat. Greek, Italian, German and kosher butchers and delicatessen shop owners will yield more savory and unusual versions of the American hot dog and there, too, you will find excellent sausages and sausage meats for outdoor grilling. Try buying at your supermarket a large whole bologna and spit barbecuing this with an interesting sauce—it lends a new flavor to an inexpensive and too well-known meat. Ham steaks—either the boneless rolled and pre-cooked variety or the old-fashioned smoked kind—are well suited to grilling and should be cut $\frac{3}{4}$ to 1 inch thick for best results. Bacon—Canadian as well—



Spareribs in a sauce of Spanish olives and mushrooms can be skillet-cooked on the grill outdoors for a memorable summer meal



Outdoor pan-barbecued pork chops and herb-seasoned broiled tomatoes are sprinkled with McCormick Season-all and zesty Herb Seasoning

should be cut fairly thick for the grill and be selected for leanness. For the various meat-patty combinations and for some skewered meatballs, we suggest that you buy your pieces of lean pork whole and grind them just prior to mixing and grilling at home.

how to prepare

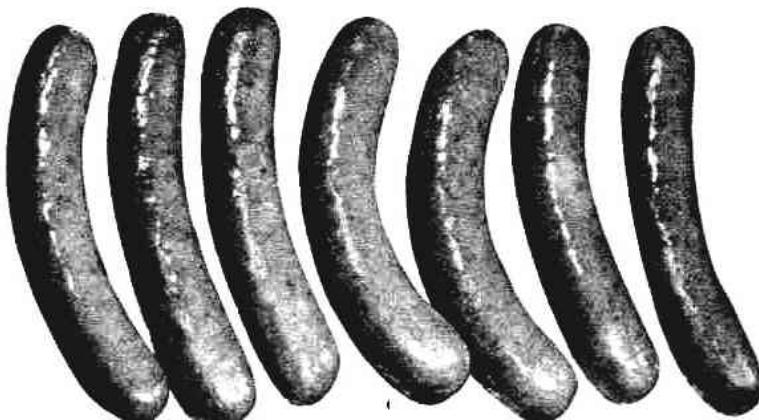
While spareribs can be satisfactorily grilled from the beginning of the cooking process, you can shorten the time considerably by pre-cooking them. Boil them in water for about one hour with a bit of vinegar and salt. These are then ready for such delicacies as Chinese barbecued spareribs (see sauces and marinades on pages 26 and 29). Spit-roasted ribs do not require (and would probably suffer from) this attention. Have spit-roasting ribs cut in long thin strips for lacing or, as our cover ribs are prepared, slashed part-way down each rib. Chinese ribs are nice when they are cut in 2x2-inch squares and make for easier munching. The pig's feet are left whole or split lengthwise, whichever you choose. Chops and steaks should have fat slashed to prevent curling.

how to cook

Pork, of course, must be cooked thoroughly. The parasite trichina is frequently found in fresh pork meat, despite inspection

and government vigilance. But it is not necessary to cook fresh pork to a dry, ropy, unpalatable mass. Recent years' experimentation has indicated that two weeks in the home freezer at 0° to 15° F. will render pork perfectly safe and destroy any parasites. Pre-cooking before grilling will also insure this—as we suggest with spareribs before grilling. Sausages and pig's feet should be boiled before grilling and you will find that bacon, plunged into boiling water for five minutes or so before grilling, is vastly improved in texture and taste. Pork steak and pork chops are best marinated for several hours before cooking. Use your meat thermometer to insure accuracy in spit-roasting loin of pork and suckling pig. The former should be basted every fifteen minutes or more during the process and the latter should be liberally sprinkled with salt and pepper and herbs both inside and out, then basted. An approximate timetable for pork is: allow a good 1½ hours for spareribs on spit or grill, and a half-hour for those that have been pre-boiled. A 10-pound suckling pig takes about 5 hours, depending on the ferocity of your fire! Ham steaks and smoked meats should be cooked slowly and if these are of the pre-cooked variety, you should allow about 15 minutes to each side of a 1-1½-inch cut. Pork steaks and pork chops, previously "cooked" in marinade, should be grilled very slowly, browned thoroughly to a crispness on both sides, and will probably take ¾ of an hour to cook through the ¾-inch cuts.

The hot dog awaits a hundred ways to be grilled and served out-of-doors: with sauces and toppings, relishes and garnishes that are legion



● *how to buy*

Not all cuts of veal are suited to the charcoal grill, nor do most people think of veal as a meat for outdoor cooking. However, steaks, chops, calves' liver and veal kidneys all behave admirably on the grill when properly handled and cooked. In addition, such cuts as the leg, shoulder, loin and breast may be broiled or spit-roasted when treated with meat tenderizer or marinade. Veal steaks, cut from the leg, should always be at least 1 inch thick, preferably $1\frac{1}{2}$ inches. Veal chops—the kidney chops cut from the rib end of the loin with a cross-section of the kidney—should be about 2 inches thick. Loin chops and rib chops (with rib bone and rib eye) also may be used when tenderized. "Scallops" or "rosettes" of veal should be $1\frac{1}{2}$ to 2 inches thick; boneless and ground veal from the flank, breast, shank or neck is best used in combination with other meats (pork and beef) for patties or skewered meatballs. It tends to dry out too much if it solos on the grill. Veal shoulder, boned and rolled, may be spit-barbecued (see preparation). The liver should be cut about $\frac{3}{4}$ inch thick in good-sized slices (5 or 6 inches by about 4 inches). Kidneys, if small, may be left whole; larger ones should be split across to lie flat on the grill. U.S. official grades on veal are exactly like those on beef (see page 60), beginning with the best of all, "prime," then "choice," then "good," and so on. Veal is actually very young beef and while it is a tender meat, its leanness and large proportion of connective tissue tend to eliminate some of the beef cooking methods. Veal should be firm fleshed, "paler" than beef, and with little or no mottling as in beef. In buying veal for outdoor cooking, use these general rule-of-thumb amounts as a guide: for four people, buy 4 chops 2 inches thick, or $2\frac{1}{2}$ pounds of veal steak ($1\frac{1}{2}$ inches thick), or 4 pounds of shoulder of veal, or 5 pounds of breast of veal. Buy one veal kidney for each guest

or two large ones for three guests. Buy 2 pounds of calves' liver to be grilled for 4-5 guests. Ground veal amounts are similar to those of other ground meat allowances—2 pounds will feed 5-6 people. If you are determined to try vealburgers over charcoal, have the butcher add about 1 ounce of fat or suet to every pound of ground veal. Then tie the patties (or fasten with toothpicks) with a strip of bacon to serve as larding during the broiling.

● *how to prepare*

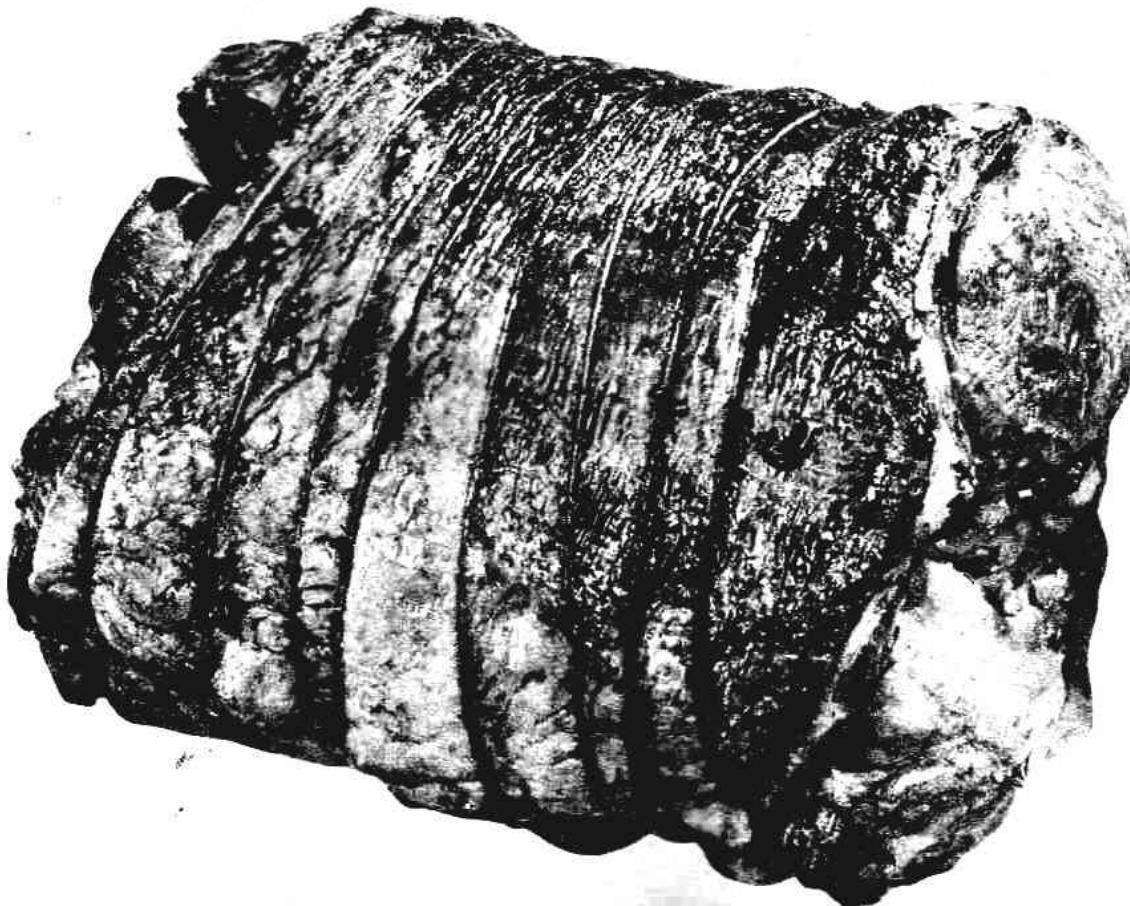
Veal chops with the kidney in may be broiled as they are—a strip of bacon wrapped around with a toothpick fastening will help seal in the juices during the cooking. Kidneys may simply be sprinkled with salt and pepper to broil over charcoal. Brush liver steaks with butter and season with salt and freshly ground black pepper. Extra-thick chops, up to 3 inches, may be satisfactorily charcoal broiled if pockets are cut in them and a good herb butter is stuffed inside (mix chopped parsley, chives, tarragon, and a pinch of thyme with butter—about $\frac{1}{2}$ teaspoon of each, dried, to 1 quarter of a pound of butter). In addition, the chops should be wrapped or covered with slices of bacon, and the whole brushed with melted butter, or an oily basting sauce (see pages 28-29 for recipes). Veal steaks are best broiled wrapped in foil along with the sauce of your choice, and the result will be that much more juicy and tender for having the meat juices sealed in. The economical shoulder of veal, boned and rolled, should have a generous filling of the herb butter described above before it is rolled. Cover, before tying, the entire roast with fat pork strips as larding to keep the meat moist. Marinate the roast overnight (see recipes on pages 26-27) in a good wine marinade or season with meat tenderizer. Sprinkle the tenderizer liberally on all surfaces, as if you were heavily salting the meat, and pierce deeply at about one-inch intervals with a long-tined kitchen

fork. Allow meat to stand at room temperature for one hour or cover loosely and refrigerate overnight. Chops, steaks, and all other cuts of veal to be charcoal broiled will benefit from the meat tenderizing treatment as well. Cubes of veal, cut in 1 inch pieces, may be marinated in a wine sauce overnight, drained and wrapped in bacon for skewered dishes (see pages 20-25).

how to cook

The important thing to remember in cooking veal outdoors is to sear the meat quickly on both sides to seal in juices, then finish cooking by grilling very slowly and basting patiently and steadily (see basting sauce recipes on pages 26-29). Melted butter or margarine and bacon fat are the best simple bastings, but you may also use vegetable oil. Kidneys, too, should be cooked slowly and evenly and basting will insure tenderness. Calves' liver, on the other hand, should be grilled quickly and arrive on your plate, ideally, with a crisp outside and a pink, tender inside. If you are preparing patties or meatballs with veal, sprinkle the ground meat with tenderizer an hour before you use it.

Then handle the meat as little as possible in forming the patties or vealballs. These, too, must be basted persistently and continuously. Grill all veal about 5 inches from the coals and barbecue on the spit about 8 inches from source of heat. Never let the flames touch veal or, for that matter, any other foods you are cooking over charcoal. Use a sprinkler or a wet whisk broom to douse any fat flares. Veal must be cooked through and the cooking time varies with the cuts. Two-inch chops will take about 50 minutes to grill. Similarly thick steaks will take about 10 minutes longer. A shoulder, boned and rolled, weighing about 5 pounds will take a good half hour per pound with the spit turning slowly, so be sure your hungry guests have plenty of appetizers to munch and the right beverages to keep them sipping till the meat is done. (See pages 30-33 for "Nibbles While You Wait" and pages 70 and 71 for "Hot & Cold Drinks.") Veal, like lamb, venison, duck and wild game, tends to cool rapidly, so the rule for serving should be doubly underscored here: warm the plates, serve quickly, and cut no more than you need for the first serving round.



The boned and rolled shoulder of veal is treated to meat tenderizer, then spread with a stuffing of herb butter and basted with melted butter during its turn on the barbecue spit

● *how to buy*

When you buy fresh fish whole, check these points to insure freshness: eyes—bright, full, clear and bulging; gills—reddish-pink, free from slime or odor; scales—bright colored, adhering tightly to the skin; flesh—firm and elastic, springing back when pressed, not separating from the bones. And for any seafood, the sure-fire check is your nose—for fresh fish, whole or in part, shellfish and crayfish—all must have a clean fresh smell, free from any objectionable odors. Use your nose for scallops, shrimp, shucked oysters and clams, and rock lobster tails. Oysters and clams in the shell should be snug-shut, never gaping, and if you tap the shells, they should not sound hollow. Lobsters and crabs should be alive—not just barely, but snappy and perky with bright clear eyes. Tickle a lobster on his tummy (make sure his claws are plugged) and his tail should spring back instantly. Buy one-third of a pound of fish per person if you are serving steaks, fillets or sticks—fresh or frozen. For dressed fish with bones in, allow one-half pound per person. And, if you plan to grill whole fish, like the trout you see opposite, allow about one pound per person (or five pounds for six people will do). If you plan to serve raw clams or oysters before your feast, allow 5 or 6 per person. Two pounds of fresh shrimp or fresh frozen shrimp will serve 4 to 5 guests. A 2-pound whole lobster will serve one and a 1-pound lobster tail is a good amount per hungry outdoor feaster. One pound of scallops will serve two, while two pounds may yield 5 servings.

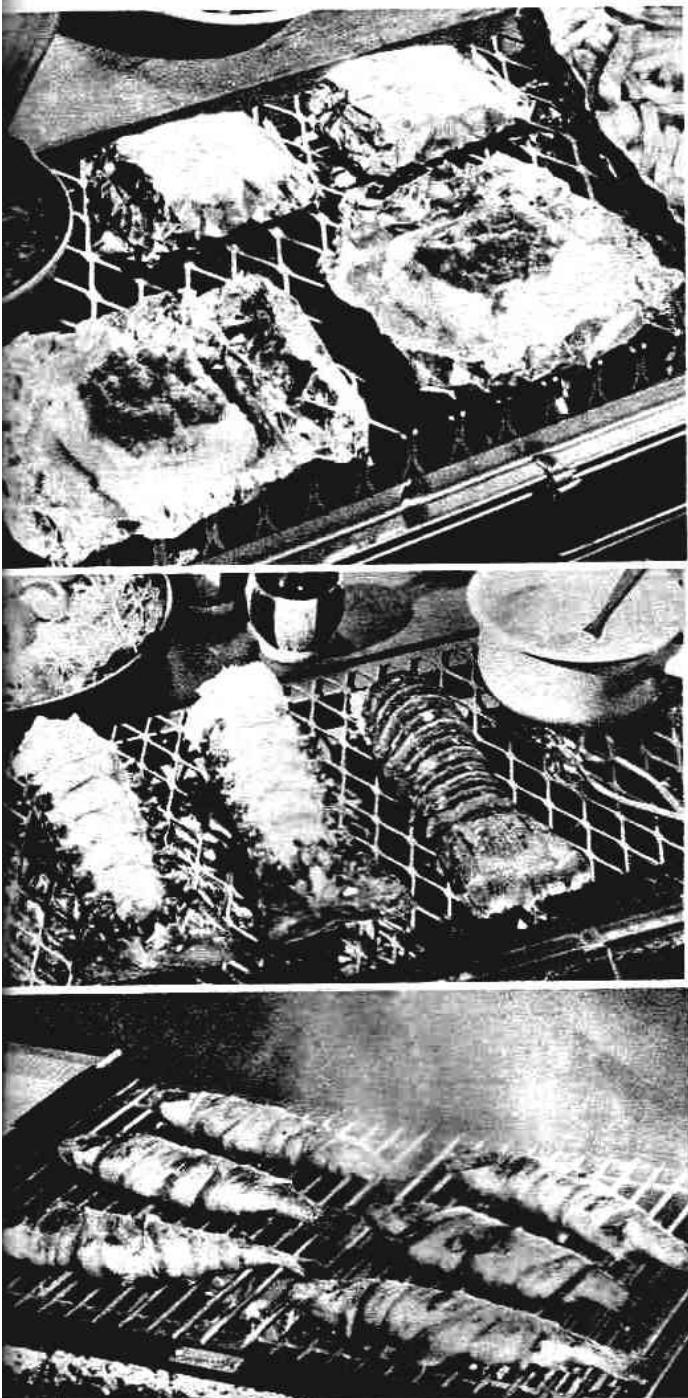
● *how to prepare*

Thaw frozen fish in the refrigerator and use at once. Whole or drawn fish may be thawed in cold running water, and so may frozen shrimp and lobster tails. Live lobsters may be killed and split for the grill by your dealer if he is available minutes before you're ready

to broil them. If not, here's how: hold lobster belly down and with a good sharp, strong knife, pierce it at the base of its head. Turn and cut down the center from head to tail, right through the shell, front and back so that the lobster is in two halves. Bend pieces backwards to crack through. (If you're squeamish, remember that lobsters and crabs have extremely low nervous centers and don't really "feel pain" the way you do.) Remove the sand tract or intestinal tube (usually grayish and string-like). Remove the clayey and sandy sac in the head; right near the eyes. The greenish jelly-like mass is the fat and a great delicacy when cooked, as is the bright orange "coral"—so reserve both just where you find them. Split rock lobster and South African lobster tails, as well as the Florida crawfish in the same way, removing tract, and, in the case of the latter, the head sac as well. Shell and devein shrimp for broiling and split to lie flat if you are grilling the jumbo ones. Split or leave whole the smaller ones for skewer cooking (see pages 20-25). For really succulent shrimp, split through the shells from the back, remove sand tract, and spread flat to cook right in the shell (holds juices). Choose fat fish like salmon, shad, mackerel to broil on the grill as a general rule. Lean fish, usually purchased in fillets, like cod, haddock, hake, flounder, and halibut may also be successfully grilled if special attention is paid to frequent basting to prevent drying out of the flesh. Smaller fish like trout, smelt, perch, whiting, porgies, and black bass are especially delicious when cooked with heads and tails on and they should simply be scaled, eviscerated, and wiped dry with a damp cloth by way of preparation. Largish fins may be clipped close.

● *how to cook*

Fish fillets are easier to handle on the grill if placed on foil. Arrange smaller ones on one or two large sheets of heavy



Top: frozen Birds Eye fish fillets take to the barbecue in foil packets with tomatoey sauce sealed right in on the grill (see p. 29 for sauce recipe). Middle: rock lobster tails are grill-cooked with a basting sauce of fresh lemon, butter and herbs (see recipe, p. 28) to bring out the natural deep-sea flavor. Bottom: whole barbecued trout wrapped in bacon are grilled over medium hot coals and basted with their own marinade—made of one tablespoon each of California sherry wine, lemon juice, and sesame seeds plus $\frac{1}{4}$ cup butter.

duty foil; large fillets may be broiled on foil cut to fit evenly with the edge of the fish. Whole small fish are easier to manage and turn if encased in a double-sided, double-handled hinged grill, thoroughly greased, of course. If your grill has a hood, you may close it and do away with the necessity for turning your fillets. If not, make individual "hoods" of foil for the fish, rounded up to leave about 4 inches clearance of fish all around. Handle fillets as little as possible, baste with appropriate sauce frequently (see recipes on pp. 28-29) if fish is lean. Fatty fish need be brushed just once, or twice at the most, with a simple lemon and butter or margarine mixture. In all cases, do not overcook. Fish is done perfectly when the flesh is opaque and flakes or separates easily when fork-tested. It cooks quickly, remember—butterfish, trout, sun' fish, smelts, little porgies of individual serving size all take about 10 minutes till done. A 20-pound filleted salmon takes about 25 to 35 minutes, depending on the heat of your fire. Lobsters are quick cookers, too, small ones taking about 12 minutes and the larger ones 18-20 minutes. Prepare both fresh live lobsters and the frozen tails just by brushing the meat with plenty of melted butter and season with salt and pepper. Arrange them flesh side down towards the flame and about 4 or 5 inches from the heat. You may sprinkle them with chopped fresh parsley or snips of chives towards the end of the broiling. Shrimp and scallops may be skewered for kabobs in combination with other ingredients like mushrooms and bacon (see skewer ideas on pages 20-25), or scallops may be arranged on or in foil with sauces used as basting or sealed into the foil packets and steamed on the grill. The large or jumbo shrimp may be grilled in their shells Italian style with a scampi sauce in which they have been previously marinated for several hours (see recipes on page 27) or with an Oriental sauce for Chinese barbecued shrimp. (See page 6.) Shrimp take a mere 5 or 6 minutes to cook and should be watched closely to forestall overcooking which toughens them.



Broiled baby turkey halves are basted with a sherry wine sauce (see recipe on p. 28) and served with fluffy foil-baked potatoes, a mixed green salad and chilled peaches and cherries in port.

photograph from California Foods Research Institute

how to buy

You've a wide choice in today's markets when you're shopping for poultry to barbecue. Chicken, that old stand-by, is bred especially for spit grilling and the small plump ones with more breast meat than ever before are choicest. Buy the 2-pounders, one for each two persons to be served. These may also be split in half for-on-the-broiler grilling. Look for firm-fleshed, plump birds with no skin tears (a few bruises won't spoil the barbecuing). The broiler-fryer is a larger bird (starting at 2 pounds and going up to 3 or 4) and better suited to the grill than to the spit. Small bred-for-barbecue turkeys are available, and larger frozen ones may be sawed into "steaks" for broiling out-of-doors. Capon and duck also can be

successfully barbecued on the spit. To save time and trouble, select ducks with a minimum of pin feathers, and as for all poultry, with no skin tears and reasonably few bruises on the flesh. Both the small and large Cornish game hens may be spit-barbecued, but as with wild game (pheasant, duck, quail, grouse, etc.) constant basting is necessary since the meat is extremely lean and tends to dry out. Allow 1 small bird per person or a 5-pound bird for 4.

how to prepare

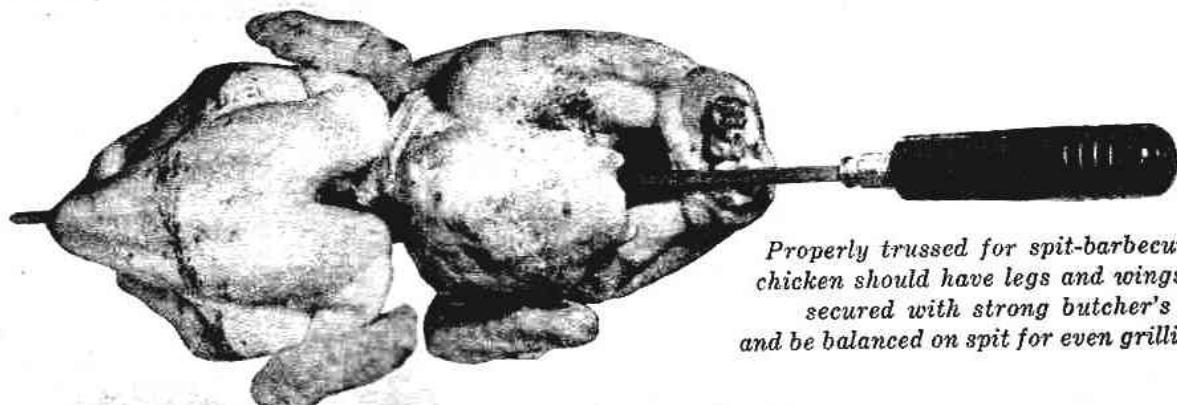
Have broilers split down the back and cleaned with backbone and neck removed, so that they will lie very flat on the grill and cook more evenly. Have small turkeys (4-5 pounders) treated the same way for broiling. Have

ducklings skinned and quartered, with wings cut off. Whole birds should be carefully balanced on the spit, with legs and wings tied securely with butcher's twine so that no appendages drag and char excessively. (See photograph below.) Chicken livers are excellent for skewering and may be best handled by wrapping each in a square of bacon before spearing. All birds should, of course, have pin feathers removed and any down singed off. Then wipe birds inside and out with a damp cloth before seasoning.

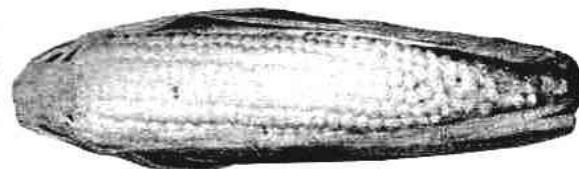
● *how to cook*

The skin of barbecued birds should be crisply browned, never charred. To insure this, continuous basting of grilled or broiled pieces with any of the suitable sauces on pages 28-29 is a "must." Spit barbecuing with its constant turning of the birds gives the most even heat and, unless you inadvertently stop the spit in mid-turn, birds will not char. Broilers and broiler-turkeys are improved by soaking in a marinade (see pages 26-27) for 2 to 3 hours before cooking, then basting with their own marinade throughout the broiling process. When you are ready to grill, place split or quartered birds on well-greased broiler, flesh side down towards the source of heat and about 4 inches from it. Cook for about 10 minutes and turn, brushing again with basting sauce or marinade. Cook on skin side for another 8 minutes and turn again. Continue turning and basting every few minutes until fork-testing yields clear, not pink, juices. Never overcook or meat will dry out and birds will be tough. Small broilers, squabs and small game birds take about 20 minutes altogether on a spit. Larger turkeys—about 8-pounds—take up to an hour and a half to cook through and should be placed in a marinade

overnight and basted frequently throughout the cooking. As with roast birds indoors, a good test is the mobility of leg and wing joints—the easier these move the more nearly done is the flesh. Save fork-testing for the last to avoid too many test holes in the bird. When barbecuing ducks, be sure that the cavity is thoroughly cleaned—wash or flush out and wipe dry with a damp cloth. Wild ducks as well as domestic ones are excellent when brushed with honey and water (half-and-half) to produce a crackly, golden brown surface. Season all birds with salt and pepper inside and out. Wild birds require half the cooking time of domestic birds, and, particularly in the case of wild duck, have a better flavor if served rare. Turkey steaks, a recent innovation at the barbecue, must be cut from frozen birds. (If you've a meat saw or hacksaw with a clean blade, you can achieve this yourself—otherwise let the butcher cope.) Saw across the bird, from breast through back, making steaks about 1 inch thick, and continuing to cut from top to bottom for as many steaks as you need. (Use remainder of turkey for hash, casserole, or pie another time.) Allow half of one steak per guest. Marinate the steaks in a wine sauce until thawed (see recipe on p. 28) and grill, basting, with the sauce until just moistly done. Frozen steaks may also be seasoned with meat tenderizer for an hour before grilling (sprinkle seasoned tenderizer on meat—do not salt—and pierce meat with long-tined fork at one-inch intervals over surface). Steaks may then be grilled with just a butter, margarine or oil basting to which you have added the herbs of your choice—tarragon, marjoram, or dried parsley—and the juice of a fresh lemon. Foil-broiling of poultry is another satisfying and delicious way to cook outdoors and this method has the added advantage of sealing in juices.



Properly trussed for spit-barbecuing, chicken should have legs and wings secured with strong butcher's twine and be balanced on spit for even grilling.



LET'S BARBECUE

● vegetables

● how to buy

It is poor economy to buy anything but the freshest of fresh vegetables—particularly if you plan to roast, grill or otherwise cook them at your barbecue. There's no trick to selecting top-grade produce: vegetables should be firm and crisp to touch, full and plump to look at and never faded in color, limp, soft, dry or bruised. Choose in-season vegetables in order to obtain the freshest and the youngest which are the most tender. You'll know when vegetables are in season by their price (which is low at the peak of the season) and their abundance in the market. Number one seasonal favorite is, of course, fresh corn on the cob. If you're lucky enough, you'll be able to buy it from a local grower—and have him cut it while you wait and plan to cook it within the hour. Otherwise, select corn with plump, full kernels set close together—you need pull back the husk of just one ear in a batch and "feel" the kernels and plumpness

through the husk for the remaining number you need. Allow two full ears per guest and keep corn in a cool place with husks intact until cooking time. And if it's especially hot weather, sprinkle the corn or keep it soaking in a pail of cold water until you are ready to grill it. Tomatoes for the barbecue should be large, firm-fleshed with few seeds. Select snowy-white, oversize mushrooms for stuffing and grilling and the smaller ones for sauces. Potatoes, sweet or white, should be firm and smooth-skinned with as few blemishes as possible. Aging potatoes may be revived in ice water for roasting or grilling. All squash and eggplant should have taut, tight skins and be firm-fleshed to the touch. Acorn and zucchini are the best varieties to select for your barbecue. For roasting, the little light green Italian peppers are best since the skins are tender and the flesh is sweet. Both red and yellow onions, good for stuffing, ash-roasting or grilling, should be smooth-skinned and firm. Any signs of sprouting indicates age or improper

Roast 'em, grill 'em, stuff 'em, steam 'em in foil, or serve 'em raw as appetizers. No matter how you prepare your



storing and the flavor will, of course, be affected. Use the little white onions for skewer dishes.

how to prepare

Remove outer husks of corn, and the silk, and replace a double layer of husk, tying or wiring it closed. Replace several more layers of husk if you plan to ash-roast the corn. Wrap in foil or not, as you choose, though the latter method makes for quicker cooking and a moister result. Foil-wrap potatoes, squash, tomatoes, onions, eggplant (apples, too) to ash-roast. Cut slices of these vegetables to grill (on foil) on your barbecue— $\frac{1}{2}$ -inch thick lengthwise cuts of white or sweet potatoes, $\frac{3}{8}$ -inch slices of onions, $\frac{3}{4}$ -inch slices of tomatoes, $\frac{1}{2}$ -inch slices of eggplant. Split zucchini squash in half lengthwise to grill or cut 1-inch rounds. Parboil whole eggplant, onions or peppers to stuff or cook whole outdoors and wrap these vegetables as well as whole stuffed tomatoes in foil to keep skins moist and taut during cooking.

how to cook

Brush potato slices with melted butter and sprinkle with salt, freshly ground pepper, and chopped chives, oregano or parsley. Place directly on greased grill and cook to crispness on one side, turn, brush with butter and season again. Leave well-scrubbed skins on slices. Sprinkle tomato slices similarly (basil is a good herb for these), also squash, onion, or eggplant. Have a pitcher of melted butter or margarine handy for roasted corn and let guests brush corn themselves with a basting brush (saves butter and fuss and knife-juggling). Ash-roasted vegetables are superb and the method simple: wrap in foil or not, and completely bury them in hot ashes. Potatoes take about $\frac{3}{4}$ of an hour and corn about 10 to 12 minutes (don't over-cook!). Little sweet green peppers may be brushed with olive oil and a smidgeon of garlic juice and roasted whole, in foil or on greased skewers, to be eaten with the fingers.

photograph from united fresh fruit and vegetable association

vitamin-chocked vegetables this summer, they'll taste twice as good when you cook and serve them out-of-doors.



hot &



coffee-on-the-grill demands a special bit of attention, but there's nothing complicated about it. Use your favorite brand, brew it your favorite way, but for outdoor consumption, make it half again as strong. You'll find if you brew it the same strength as you normally do indoors, you yourself will observe that it tastes weaker in the fresh air. Make plenty—for guests who like it "with" or "after" or all the time. Keep it hot by placing the container in a pan of hot water directly on the grill—to hold it at serving temperature, and to keep it from cooking further and altering the taste by evaporation.

café diabolique seems particularly suited to finishing off a patio dinner at night, for its fireworks have a special magic outdoors. This is the simplified version of a spicier flaming coffee and all you do is this: prepare sufficient demi-tasse coffee for the number of diners

present. In a separate chafing dish or copper saucepan, warm 1 ounce of brandy for each cup of coffee to be served. Ignite the brandy, wait a moment as it burns, then slowly pour in the coffee, stirring steadily. Pour coffee into cups while still blazing. Serve at once.

irish coffee is a delightful chill chaser when the sun sets. The recipe is a Shannon invention imported via San Francisco: for each serving, place 2 teaspoons of granulated sugar in a warmed wine glass. Fill glass 2/3 full with hot strong black coffee. Stir. Add 2 tablespoons of Irish whiskey and top with a spoon of whipped cream.

mocha java is a rich conclusion for a simple meal. Make it quickly and easily by preparing a pot of hot cocoa and another of hot coffee. Pour cups exactly half full of cocoa and fill up with coffee. Stir and top with whipped cream.

as-you-like-it-tea is your favorite blend brewed before your guests' eyes and when it is needed—never ahead. Then pass an "as-you-like-it" tray with these ingredients attractively arranged in bowls, on plates, in jars or pitchers for guests to select their own complements to each cup of tea. Let them mix and combine or choose a single thing, as they wish: sprigs of fresh mint, slices and wedges of fresh lemon, lemon peel and orange peel, whole cloves, honey, cinnamon sticks, dried mint, hot milk, half-and-half, light cream, sugar lumps, extra-fine granulated sugar, non-caloric sweetener, a choice of liqueurs, brandy, whisky or rum. Serve as few or as many of these items as you choose or have on hand for variety's sake.

bottles-in-a-bucket is the best way to offer beverages to a large young crowd. It saves wear and tear on the hostess, and

thirst knows no bounds out of doors, so be prepared with steaming or frosted

COLD DRINKS



leftovers never go to waste, but may be returned to your cupboard or refrigerator. Fill a large bucket, galvanized washtub or old-fashioned boiler halfway with ice cubes. Tie bottle openers on long cords to the handles and tuck unopened bottles of Coca-Cola, ginger ale, plain and fancy soda, rootbeer, 7-Up, quinine water (some like it straight), Pepsi-Cola, and beer (for the oldsters) in bottles or in cans.

watermelon cocktail
is a smart new pre-dinner drink to whirl up in your Waring Blender. For 4 guests you need: crushed ice, $\frac{1}{2}$ cup (4 ounces) of vodka. (ginger ale may be substituted), juice of $\frac{1}{2}$ lime, and seeded watermelon chunks. Pour lime juice and vodka into blender container. Add watermelon chunks to the half-full point, cover and blend for 30 seconds. Add more watermelon to bring the resulting purée back up to the halfway mark. Add 2 heaping cups of crushed ice, cover and blend for 30 seconds more.

Pour into goblets, serve with straws, and garnish with a mint sprig.

apple limeade is a good quencher during a heat wave. For 6 servings you'll need: 1 quart of apple juice, $\frac{1}{4}$ cup lime juice, a few drops liquid sugar substitute, 2 cups sparkling water, fresh mint and lime slices. Combine chilled juices, sparkling water and sugar substitute. Pour over ice cubes in tall glasses and garnish with mint sprigs and lime slices. A good low-calorie drink.

pink planet is a fine drink for a ladies' luncheon on the terrace, but also nice to serve the youngsters as their "cocktail" when the adults at your barbecue are sipping stronger brews. For each drink you will need the juice of $\frac{1}{2}$ lime, 1 teaspoon grenadine, 2 tablespoons pineapple juice, and $\frac{1}{4}$ cup

cracked ice. Put ingredients into your electric Drink Mixer, cover and whirl for 12 seconds. Pour into old-fashioned glass over 2 cubes of ice and garnish with a slice of lime and cherry. Then fill the glass up with cold ginger ale.

jiffy iced coffee is just what it sounds like if you plan ahead. Prepare coffee ice cubes (a boon for keeping iced coffee cold and strong while drinking it out under the sun) in advance. For each average refrigerator tray, thoroughly dissolve 4 tablespoons Borden's Rich Roast Instant Coffee in 1 quart of boiling water. Pour into tray, insert divider. Freeze in refrigerator or your deep freezer. Use these to pour freshly made instant coffee over and serve. The cubes may also be crushed in an ice crusher to make iced café au lait in a hurry. Fill glass with crushed coffee cubes and pour milk over them to the brim. Sweeten to taste.

quenchers like these to serve before, during and after your summer barbecue parties

Kettle Cookery

*a big cast-iron pot or
a king-size kettle can brew
a savory stew, a meal-in-
one creation . . . simmering
away all day over the coals
. . . sending nose-teasing
aromas into the air . . . and
leaving you free to enjoy
an outdoor siesta*

BOUILLABAISE U.S.A.

4 baby lobsters (1½ lbs.)	4 cloves crushed garlic
1 striped or black bass	3 bottles dry white wine
1 medium-sized flounder	1 bunch scallions
24 hard-shelled clams	½ cup chopped parsley
3 lbs. jumbo shrimp	3 pinches saffron
8 hard-shelled crabs	1 orange
1 cup olive oil	2 bay leaves
6 medium onions	½ tsp. thyme
2 cans plum toma- toes	3 loaves French bread
	½ lb. butter
	1 tbsp. salt
	1 tbsp. fresh ground pepper

Heat olive oil in the biggest kettle you own (or can borrow) and brown the onions and scallions. Add the tomatoes, garlic, parsley, saffron, bay leaves, thyme, salt, pepper and 1 bottle of the wine. Peel the orange with a sharp knife in one continuous strip of peel and scrape the white inner rind from it. Add peel to the kettle mixture. Kill and split the lobsters in half and remove intestinal or sand tract and sac behind eyes in head (see pages 64-65 for detailed "how-to"). Place lobster halves in kettle, flesh-side up. Have bass cleaned and cut cross-wise in thick steaks (3 inches) and lay these on top of lobsters. Place crabs, live, on top of the bass. Scrub clams thoroughly and place on top of crabs. Place whole, washed shrimp in their shells next and finally, cover everything with the flounder-scaled and eviscerated but with head and tail on. Add the next bottle of wine and cook, covered, until flounder is tender, but not falling apart. Reserve third bottle of

wine in case liquid cooks down too much. Otherwise, drink it with the stew which is served in bowls with toasted, garlicked French bread for dunking. Give each guest some of every kind of fish and shellfish and several ladles full of the aromatic sauce. Serves 8 or more. Note: you may substitute mussels if they are available and omit the clams. Soak mussels in fresh water, remove any which float to the top or are dead, scrub and remove "beards" or seaweed. If eel is available, add 2-inch slices below the shrimp. Spanish mackerel is also a good fish to include, sliced in 2-inch pieces.

BEEF STEW

$\frac{1}{2}$ stick butter	1 small can mushrooms or
3 $\frac{1}{2}$ lbs. lean beef chuck cut in 1-in. cubes	$\frac{1}{2}$ lb. fresh 1 bay leaf
1 tbsp. salt	$\frac{1}{4}$ cup chopped parsley
1 doz. small white onions	$\frac{1}{2}$ doz. carrots cut in 1-in. chunks
1 clove garlic, crushed	2 stalks of celery with tops
2 cups strong red wine	$\frac{1}{4}$ tsp. freshly ground black pepper or 8 whole peppercorns
1 cup concentrat- ed canned con- sommé	
$\frac{1}{2}$ tsp. thyme	

Brown meat, onions and carrots in butter melted in large iron skillet or kettle. Add garlic. Sprinkle flour on top and stir. Add salt, pepper. Add wine, consommé (or 3 bouillon cubes dissolved in 1 cup water). Add bay leaf, parsley, thyme, and chopped celery stalks and tops. Cover and cook until meat is tender—about 2-3 hours or more.

Add additional wine, water, or consommé if liquid reduces too much or becomes too thick. During last few minutes of cooking, add canned mushrooms, drained, or fresh mushrooms, quickly sautéed in a little butter with a squeeze of lemon juice added. Cook stew slowly, raising grill from coals if it tends to cook too quickly. Serves 6.

DRUNKEN SAUERKRAUT

4 lbs. sauerkraut	1 medium onion
2 apples	1 tsp. caraway
2 medium potatoes	1 tbsp. brown sugar
8 large knock- wurst	$\frac{1}{2}$ lb. bacon
1 pt. dry white wine	1 tsp. salt
	4 peppercorns

Wash sauerkraut thoroughly and drain. Render bacon in bottom of kettle and remove when it has crisped. Place half of the sauerkraut in kettle, arrange knockwurst next, then place remaining sauerkraut on top. Add wine. Peel and grate potatoes and add. Peel, core, and dice apples and add. Peel and mince the onion. Add. Sprinkle salt, brown sugar and caraway seeds on top. Crumble the reserved bacon and add. Toss in peppercorns and gently mix all together. Cook over coals until it bubbles. Raise grate or grill and cook covered for 1 hour or more. If sauerkraut is too juicy, remove cover and cook longer to reduce liquid. If liquid cooks down too much, add water or wine. Taste and correct seasoning with salt, pepper or more brown sugar as desired. Serve outdoors with cold beer and sweet-buttered pumpernickel. Serves 8. (Note: pig's knuckles may be used instead of knockwurst.)



**LITTLE
HOBOS
AND
BACKYARD
COOKOUTS**

Every kid loves a cookout and a backyard barbecue party engineered by your youngster can cure the worst of summer's what-can-I-do-now doldrums. Your job (a strictly behind-the-scenes one) is relatively simple, yet important. For the very young marshmallow-and-hot-dog set, plan to have a grown-up build, keep an eye on, and ultimately put out the fire. Cub Scouts and Brownies can "help" build, tend and put out fires; older Scouts and teens should be self-reliant enough to handle the whole fireplay with just an occasional look-see from an adult. (See safety tips on pages 50-51.) Wee ones delight in roasting food at an open fire, but one badly burned finger can break up the cookout. Provide the small fry with extra long-handled sticks, skewers or forks. Keep the kids' cookout party informal—dungarees and play-clothes, inexpensive and plentiful food (marshmallows are bound to fall in the fire and quick replacements avoid tears). If the party's a big one with more than half-a-dozen guests, try a long, narrow slit-trench fire so that each child gets a chance to roast and toast his own. There'll be no finicky appetites and for the most part, menus can be the simplest: hot dogs or hamburgers, a rabbit bowl of raw vegetables to nibble (see page 32), cold milk or lemonade, and cupcakes, cookies or doughnuts. The recipes opposite are variations on this theme and include a sauce for little dabbers to swab their grilled masterpieces.

DOG-BURGER SMORGASBORD

1 jar each:	diced peppers
horseradish	sliced cheese
mustard	lettuce
catsup	chopped olives
pickles	chili sauce
relish	frankfurters
mayonnaise	rolls
chopped onion	hamburgers
sliced tomatoes	

Allow 3 hot dogs per guest, or 2 hamburgers, or 2 hot dogs and 1 hamburger. Place jars with plastic spoons and spreaders on tray and arrange chopped ingredients in individual bowls, sliced cheese and tomatoes on a platter. Place loose fresh lettuce leaves in bowl and let guests build their own creations and fix their own toppings for grilled burgers and dogs. (Results pictured below.)

PINK LEMONADE

2 6-oz. cans frozen lemonade concentrate	½ cup maraschino cherry juice
16 maraschino cherries, halved	ice cubes straws

Prepare lemonade according to directions but omit 2 cans of water. Pour into pitcher or punch bowl, add cherry juice and cherries. Add ice cubes just before serving and let guests help themselves. Keep an extra supply of ingredients on hand for a reorder when supply is exhausted. Serves 6 moderately thirsty kids.

HAWAIIAN KABOBS

1 can pressed ham	1 bottle French dressing
1 can pineapple chunks	basting brush
6 long skewers	

Have pressed ham cut in 1x1 inch cubes and place in bowl. Drain juice from pineapple chunks and place in bowl. Pour French dressing in small pot. Let guests string first a chunk of pineapple, then a cube of ham, and alternate pieces on skewer. Have them brush French dressing over the arranged kabob and broil over hot coals until golden brown. Serves 4. (Note: keep dressing stirred and warmed in pot over fire and repeat basting from time to time.)

ABC QUICK BASIC SAUCE

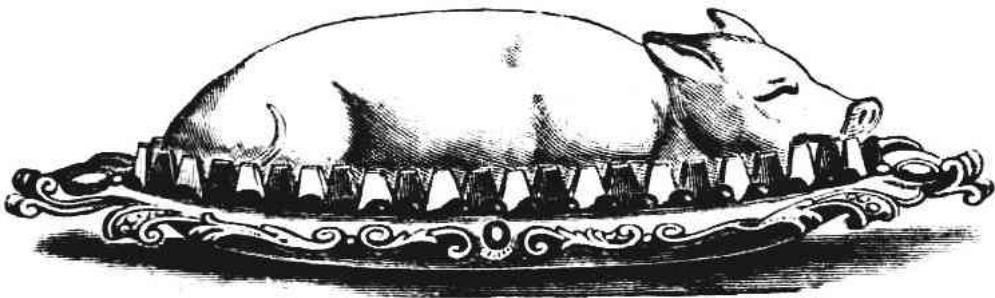
2/3 cup tomato catsup	1 tbsp. mustard-with-horseradish
1/2 cup real mayonnaise	

Mix all above ingredients thoroughly together and use it to coat beef, chicken, hamburgers, hot dogs or turkey. Bits of chopped onion, green pepper, a dash of garlic salt or the juice of a clove of garlic will further enhance the flavor and texture. The mayonnaise base will provide the crispy crust and the catsup a kiddie-appealing tomatoey savor. Provide a long-handled brush, swab or spoon for frequent basting. Makes enough for 6 burgers or 8 hot dogs.

Photograph from Wheat Flour Institute



Mainstay of a moppet's barbecue is the dog or burger. Serve it smorgasbord style, with lots of toppings and a vitamin-loaded raw vegetable tray.



DRESSED

TO GRILL

and you should be, because barbecuing and outdoor hostessing require a special kind of outfit. Our suggestion—trim patio pants with a pretty overblouse in fabric that takes to the washing machine with ease after a bout with the basting sauce. We show you three versions of the idea here—all "simple-to-make" from Simplicity patterns.

On the left: posy-splashed slacks of sailcloth-type cotton with a boat-neck easy-fitting overblouse in a coordinated solid color, pattern #3019.

Sub-teen sizes 8s-14s, 50¢. Sub-teen size 10s requires 1 yard of 36-inch fabric or $\frac{3}{4}$ yard of 45-inch fabric for overblouse; $\frac{3}{8}$ yard contrasting fabric (any width) for bias binding trim. Pants require 2 yards of 36-inch fabric or $1\frac{5}{8}$ yards of 45-inch. *Opposite page, left:* shorter, clam-digger pants of white, dunkable sharkskin with a daisy-decked sharkskin top, pattern #3021

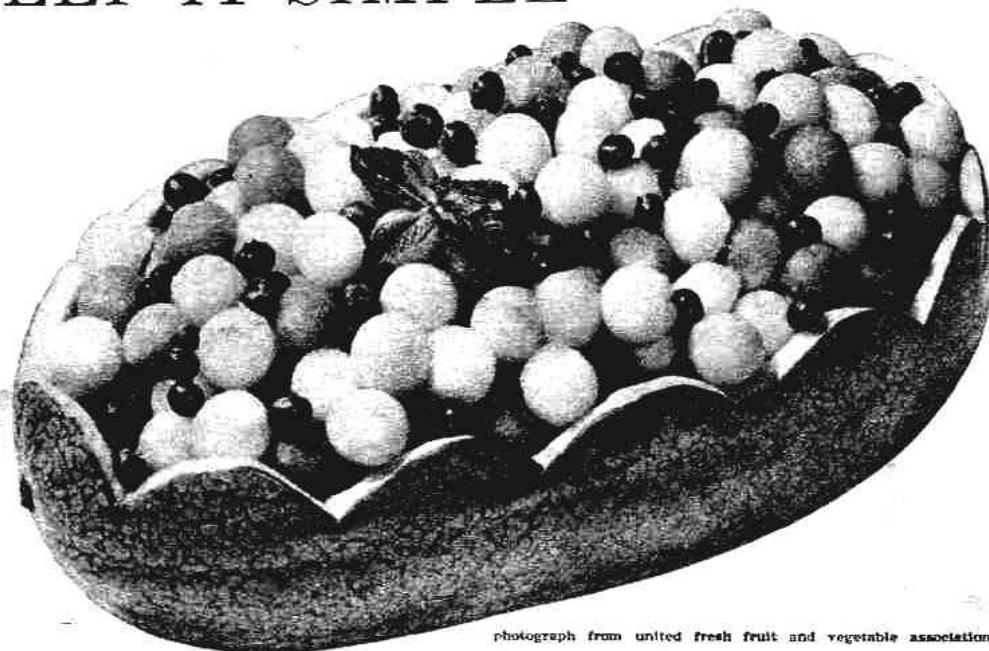
(top) and pattern #2996 (pants). Top is in misses' sizes 10-18, 40¢. Size 14 requires $1\frac{7}{8}$ yards of 36-inch fabric or $1\frac{3}{8}$ yards of 45-inch. Pants are in junior misses' sizes 11-15, teen sizes 10-16, 50¢. Junior misses' size 13 requires $2\frac{1}{2}$ yards of 36-inch fabric or $2\frac{1}{4}$ yards of 42-inch fabric. *Opposite page, right:* black-and-beige printed cotton overblouse with a drawstring and tapered slacks of matching beige cotton, pattern #2814. Junior misses' and misses' sizes 11-18, 50¢. Misses' size 14 requires $2\frac{3}{8}$ yards of 36-inch fabric or 2 yards of 45-inch fabric without nap for pants; $2\frac{1}{4}$ yards of 36-inch fabric or $1\frac{3}{4}$ yards of 45-inch fabric without nap for overblouse.

Note: All three outfits are yours for the sewing from Simplicity "Simple-to-make" patterns, which may be purchased either in your local stores or by sending money directly to Simplicity Pattern Co., Department DE, 200 Madison Avenue, New York 16, New York. When sending for patterns, be sure to specify the correct numbers and sizes and enclose the exact amount of money to cover the cost of your order.



FINALE-KEEP IT SIMPLE

a watermelon fruit bowl varied here with a scalloped edge holds balls of honeydew, cantaloupe, and watermelon with a scattering of blueberries and a mint sprig for accent



Photograph from United Fresh Fruit and Vegetable Association

Fresh fruit in season is the easiest, most elegant climax to an outdoor meal

The Fruit Bowl

Chilled, washed fresh fruit-in-season mounded high in a wooden bowl or served on a platter can be the ultimate punctuation to dinner outdoors. After such sauces and marinades as barbecues offer, fruit is the refreshing top-off. Eye-appealing always, its arrangement can be a challenge to your artistry, but once it's set, you've no more fussing to do for the dessert course and guests may help themselves to the fruit of their choice.

The Watermelon Bowl

Served in its own container, watermelon achieves spectacular proportions. Cut it in half lengthwise as in the picture above or across the middle with a thin slice of rind cut off from the bottom to make it stand. Make watermelon balls of the flesh with a scoop, scrape out any remaining pink part and drain the "bowl." Remove seeds from balls as you scoop, of course. The design of the rim—scallops, saw-teeth, fence-post or what you will, may be traced with pencil or knife point before cutting to insure a clean, accurate edge. Fill the bowl with the combination you see above, or with other fresh fruit such as peaches, pineapple wedges, diced apples and pears, apricots and seedless grapes, cherries and

strawberries—all gently mixed and chilled with the watermelon balls. Garnish with small berries, mint sprigs, even a few fresh flower-heads—like daisies—from the garden. One large watermelon boat will serve approximately 20 guests.

The Fruit Compote

Chilled fresh fruit, combined with an eye to contrast of flavors and colors and shapes is another simple climax to the outdoor meal. Try dark plums or cherries with fresh pineapple chunks and tiny pale green seedless grapes. Add a dash of crème de menthe to give it a super-cool taste. Or combine fresh sliced strawberries with diced cantaloupe and add fresh orange juice, a bit of vanilla extract and sugar to taste. Weight-watchers will relish the 77 calories per serving and the delightful flavor of seeded fresh grapes combined with orange and grapefruit sections soaked in fresh orange juice with a dash of lemon juice and vanilla added. Blueberries, fresh strawberries and pineapple wedges with little bits of crystallized ginger makes yet another compote.

Solo Fruits

Some fruits can be magnificently served alone. Fat, juicy, plump red strawberries, washed and left with

their pretty green hulls and stems intact, are delicious served as is, piled high, with a bowl of superfine granulated sugar for dunking. Grapes dusted with powdered sugar and frosted mint leaves make a pretty finale with coffee. And a bowl of freshly sliced peaches floating in their own juice to which some good red or white wine has been added is a refreshing climax to a spicy barbecue.

The Pineapple Boat

Cut a whole fresh pineapple lengthwise right through its prickly greenery. Then remove the flesh from both halves in chunks or spears and refill one or both of the scooped halves. Add cherries or strawberries speared on toothpicks for garnish and soak the whole in anisette or any other favorite compatible liqueur. No plates needed to pass and serve this if you use toothpicks.

Spiked Kumquats

See the back cover for how pretty these can look and the trick is child-simple. Use your roast basting injector and just fill it with brandy to plump up each little kumquat. Alternate method: punch a hole in the fruit with a skewer and pour in whatever spirits you choose with a small funnel.

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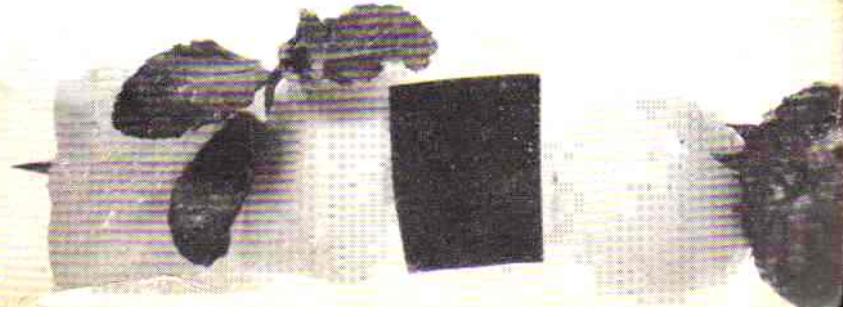
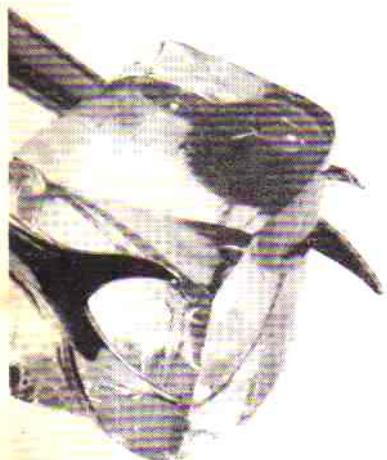
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There are almost as many ways to serve iced tea as there are ice cream sodas. Ever try lemon-flavored ice cubes with a berry in the middle? Or simple syrup sweetening flavored with fresh mint, orange or lime? Or a skewer full of fruit to garnish, stir, and eat? They're all colorful, gay, different, good to look at and good tasting—and the perfect complement to thirst-making barbecue dishes with their zippy, spicy sauces and seasonings.



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